

# The Morning Calm Weekly

Volume 3, Issue 10

WASHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

Dec. 10, 2004

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## Brownlee retires as under secretary of Army

*Under secretary sends letter to men, women of U.S. Army*

By Les Brownlee

It has been a great honor and privilege for me to serve as the under secretary of the Army for the past three years and concurrently, for the past 18 months, as the acting secretary of the Army.

Our nation's greatness was achieved by the generations of Americans who have served their country with honor. From your grandparents who fought and won the Second World War and assured freedom for South Korea, to your parents who served our nation in Vietnam and in the Cold War, in Panama and Desert Storm, to the conflicts of today, the courage and sacrifices demonstrated by American Soldiers

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Secretary of the Army Les Brownlee covers his heart during the national anthem at his retirement ceremony on Fort Myer, Va.

*Under secretary served country as officer, senator*

By Lt. Col. Jeremy Martin

Army News Service

**WASHINGTON** — Under Secretary of the Army Les Brownlee officially retired Dec. 3 after more than 42 years of service to the nation — including more than 18 months as acting secretary of the Army.

Brownlee spent 22 years in uniform, retiring as an Army colonel. He then spent 18 years serving the Senate, much of that time as staff director of the Senate Committee on Armed Services under its former chairman, Sen. Strom Thurmond, and the current chairman, Sen. John Warner.

Les Brownlee became the 27th under See "Retire" on Page 4

### COLA survey coming to Korea

By Sydney Keyes

175<sup>th</sup> Finance Command

**YONGSAN** — It's time to start thinking about the next Cost of Living Allowance Survey in Korea. The next living pattern survey will be Jan. 7 – Feb. 7, 2005.

Servicemembers throughout the peninsula have enjoyed the benefit of receiving COLA since June 2003. A significant portion of this achievement was due to 99.8 percent of servicemembers completing an online survey.

Due to Korea being a predominantly one-year tour and servicemembers receiving COLA while assigned here, the Per Diem Travel and Transportation Allowance Committee has directed the 175th Finance Command to perform an LPS annually instead of once every three years to establish a trend. If the trend maintains about the same off-post buying percentage then the LPS will become an every three-year process.

The survey will be Web based and maintained by the 175th FINCOM. Servicemembers can access the survey at [www.175fincom.korea.army.mil](http://www.175fincom.korea.army.mil). It consists of 120 market-basket items within several major categories to include appliances, automotive expenses, household help, food, clothing and electronics.

COLA is intended to allow servicemembers the same buying power they are accustomed to in the United States. This buying power is in relationship to the 120 market-basket items listed in the survey. COLA is not intended to offset any housing or utility expense. There are other allowances provided to offset them.

### Delegates address Armywide concerns at AFAP conference

By Margaret McKenzie

Army News Service

**ARLINGTON, Va.** — Delegates at the 21st Army Family Action Plan conference, Nov. 15 through 19, evaluated 94 issues and prioritized 16 for adoption.

The top five AFAP conference issues were family member eyeglass coverage, expiration of TRICARE referral authorizations, childcare fee category, calculation of continental United States family subsistence supplemental allowance and leave accrual.

The issues, which originated at installations throughout the world, addressed force support, mobilization and deployments, employment, entitlements and medical and dental, all elements that support better quality of life for Soldiers and their families.

"It's all about taking care of the Soldier whether he is in Afghanistan or Iraq," said Gen. Richard Cody, the vice chief of staff of the Army. "It's important that he doesn't have to worry about what is happening at Fort Bragg or Fort Polk with his family. He knows his family is being taken care of back here."

The 120 delegates, broken down into eight groups, spent the week narrowing the issues to the top five. After which, spokespersons shared the highest two with the Army Vice Chief of Staff, several senior Army leaders, spouses and officials

from the Department of Defense.

This year's issues touched all areas from Soldier to civilian, retirees to family members. Victor Arias from Fort Riley, Kan., Chris Pitcher from Schweinfurt, Germany and Jeff Ashmen, from Fort Stewart, Ga., represented the voice of the youths at the conference.

The delegates also voted for the four most valuable services and the top six critical active AFAP issues, which were reported to the director of the Army Staff at the closing session of the conference. In addition two new categories were added: The top five mobilization/deployment and family support challenges and the top five mobilization/deployment family support strengths.

#### Four Most Valuable Services:

- Medical/Dental
- Army Community Service
- Commissary
- Army Family Action Plan.

#### Six Most Critical Currently Active AFAP Issues:

- Distribution of Montgomery GI Bill benefits to dependents(s) (#497),
- In-state tuition (#521)
- Modification of weight allowance table (#457)
- Inferior shipment of household goods (#307)
- Army Community Service manpower authorization and funding (#491)
- Basic allowance for housing for activated reserve-component (#493) tied.



## MP Blotter

The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.

■ The military police were notified of a simple assault, disrespect to a superior noncommissioned officer, failure to obey order or regulation (underage drinking), disorderly conduct, provoking speeches and gestures, jaywalking and being drunk on duty. An investigation disclosed that a Soldier was observed walking down the middle of the road, causing traffic to swerve in order to avoid him. Two NCOs approached and identified themselves to the Soldier, at which time he became belligerent and combative and attempted to swing at one of the NCOs. The Soldier was then detained by the other NCO until arrival of the military police. The Soldier was then apprehended and transported to the MP station where he was administered a series of field sobriety tests, which he failed. He was then transported to the local troop medical clinic, where he was administered a command directed legal breath alcohol test, with results pending. The Soldier was transported back to the MP station where he was further processed and released to his unit. This is an alcohol-related incident. An investigation continues by MPs.

■ Military Police were recently notified of an attempted distribution of marijuana, wrongful possession of marijuana and wrongful use of marijuana. Investigation by Criminal Investigations Division disclosed that a Soldier committed the offenses of wrongful use, possession and distribution of marijuana when he admitted to using marijuana he purchased from an unknown person off post and attempted to distribute. A further investigation established probable cause to believe that the Soldier committed the offense of false official statement when he rendered a sworn statement. This is a final report.

■ Korean National Police telephonically notified the military police of a larceny of private property. KNP revealed through an investigation that a Soldier stole two cellular phones from an off-post business while the owner was helping another customer. The Soldier was apprehended by KNP and charged with larceny. The Soldier was released to the military police and transported by patrol to the provost marshal office. He was advised of his legal rights which he waived, rendering a written sworn statement denying the above offense. The Soldier was further processed and released to his unit. Investigation continues by KNP and MPs.

## Youth soccer team redefines goals, success

By Kendrick Ladd

It was a tough season for the Camp Humphreys Knights yet they persevered and in the end they learned a lot. This team of nine and ten year olds faced a weekly challenge that taught them a whole new meaning of the word goal.

Typically in a soccer game success is determined by the team that gets the most goals. However, this team learned that there are other ways to define success such as developing skills, perseverance and teamwork.

The definition of the word skill is a "developed or learned ability" and this team has definitely learned a lot.

"I learned how to be a better goalie!" said nine year old Ashley Alonso-Holtorf.

"I learned how to play defense!" said nine year old Caisley Ladd. I also learned to kick the ball farther." commented Rachel Smith."

Developing skills are an important goal in life. Persevering is "going on in spite of difficulties."

When asked what kept them going, team member Annie Juergens replied "The encouragement from my team and coaches really helped." Though the season was rough, they showed true perseverance. "I didn't want to let my team down," said Smith.

Perseverance is a very important goal in life. Teamwork is an important lesson learned on and off of the sports field.

Ladd commented that "working together with your friends is fun." Jake Almquist said that he "learned how to cooperate with his teammates better." Teamwork is another important goal in life. This team developed skills, used perseverance, and practiced teamwork and in the end won many goals. The goals they scored are the goals that they will use throughout their life.

***"Typically in a soccer game success is determined by the team that gets the most goals. However, this team learned that there are other ways to define success such as developing skills, perseverance and teamwork."***

**Editor's note:** Kendrick Ladd is a 13 year-old who is home schooled. The Camp Humphreys Knights is a youth soccer team that didn't win one game during the season.

### Submitting commentaries

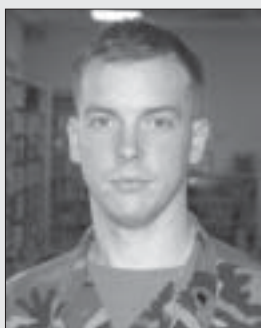
E-mail commentary submissions to morningcalmweekly@korea.army.mil. Keep submissions about a page in length and include your name, rank and duty station. The Morning Calm Weekly staff reserves the right to edit letters for length, taste and clarity.

### Morning Calm Weekly Soundoff:

### What is the best part of Winter?



**"Spending time with friends from work. They are 'family' during winter holidays."**— Sr. Airman Lou Antonellis, 607th Weather Squadron Detachment 2, Camp Humphreys



**"I enjoy winter sporting events like skiing and snowboarding, and just the snow in general."**— Spc. Neil Rerucha, Company D, 2nd Battalion, 2nd Aviation Regiment, Camp Red Cloud



**"The scenery is nice"**— Pfc. Noh Sang Kyoo, Headquarters and Headquarters Company, Area III, Camp Humphreys



**"The best thing about winter in Korea is Christmas."**— Sgt. Kang Jun-hyung, Company A, 122nd Signal Battalion, Camp Red Cloud

### Published by IMA-Korea Region

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of The Morning Calm Weekly are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Army.

The editorial content of this weekly publication is the responsibility of the IMA-Korea Region, Public Affairs, APO AP 96205.

Circulation: 12,500

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### Commercial Advertising

**Telephone:** 738-5005

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Support and Defend



NEWS & NOTES

Free DMZ Tour For Students

Visiting and in-country high school and college students of Department of Defense military and civilian personnel, Department of State and DoDDS employees employees in Korea are invited to a free tour of the demilitarized zone and Joint Security Area 9:45 a.m. to 6:30 p.m. Dec. 30. The program includes historical briefings and tours of the third infiltration tunnel, Dora Observatory, Camp Bonifas and Panmunjeom. Reservations are required. E-mail deleonc@korea.army.mil or call Nel de Leon, USFK Public Affairs Office at 723-4685 by Dec. 22. When calling from off-post, dial 0505-723-4685. Seats are limited.

Toys For Tots

The U.S. Marine Corps Forces Korea is conducting its annual charity drive. Toys will go to Army Community Service to those families who need assistance during the holiday season. Extra toys will be offered to local orphanages. The greatest need is for seven to 12-year-old children. Drop offs are located at post exchanges, commissaries, schools and chapels from now until Dec. 23.

Girl Scouts Registration

Girl Scouts Overseas - Seoul are now registering. Troop meetings will begin soon. Those who are interested in being a Girl Scout this year or an adult volunteer, or would like more information, should contact Trudy Heard at 6355-5060 or e-mail gsocseoul@yahoo.com.

Scholarships for Military Children

The Defense Commissary Agency's annual Scholarships for Military Children program is now accepting applications for the 2005 program. Applications can be found at base commissaries, or on line at <http://www.militaryscholar.org>. They must be returned to the commissary by Feb. 16. One \$1,500 scholarship will be awarded at each commissary location with eligible applicants.

Post Offices Updates

- Post offices will remain open on U.S. Forces Korea training holidays. Officials said for your mailing convenience, Army Post Offices will be open today. Contact your local post office for hours of operation.
  - The deadline for holiday mailing for first-class letters and cards sent to the United States is Saturday. For packages, officials recommend mailing before Saturday.
  - The deadline for holiday mailing for first-class letters and cards sent to Army Post Offices in Europe is Saturday.
- For more information, visit your local post office.

Women's Basketball

A Koreawide Women's Post Level Basketball League Game will be at the Camp Red Cloud Fitness center. The Camp Red Cloud women's team will compete with Camp Carroll's women's team. The game starts 6 p.m. Saturday and 9 a.m. Sunday. For information, call 732-6309.

Morning Calm Submissions

Send submissions for the Morning Calm Weekly to [morningcalmweekly@korea.army.mil](mailto:morningcalmweekly@korea.army.mil) or call 738-3355.

Military Star card interest rate rises to 10%

Army and Air Force Exchange Service

**CAMP FOSTER** - The Exchange Credit Program is raising the interest rate for the Military Star card to 10 percent beginning with the February billing period.

The increase is based on the Nov. 10, 2004 announcement by the Federal Reserve to raise the prime rate to 5 percent. Per the Military Star terms and conditions, the interest charged will be based upon the current prime rate plus 5 percent.

New purchases after the January billing period statement will constitute acceptance of the revised interest rate.

Customers will receive notification of this rate change in their December billing statement.

Even with the increase, Military Star still offers a great value to its credit customers.

According to [www.bankrate.com](http://www.bankrate.com) bank card variable interest rates now average as follows:

Bank Card Industry standard APR's:	
Standard card:	13.46%
Gold card:	13.22%
Platinum card:	11.82%
Retail Card APR's:	
Target Guest Card:	21% (21.6% in Ohio)
Wal-Mart Retail Cards:	
Premier	9.99%
Preferred	15.99%
Choice	19.99%
Kohl's Retail Card	21.00%
(18% if Military)	

As a reminder, the rate increase does not apply to Military Clothing Plans, special promotions already in existence, or to customers on deployment whose balances are treated under special conditions or have balances at reduced rates.

AAFES continues to appreciate customer's assistance in making the Military Star card their choice in credit. Unlike other bank card issuers, who get about 35 percent of their income from fees, the Star card has the following benefits:

- \* No Annual Fee
  - \* No Late Payment Fee
  - \* Exclusive Deployment Policy
  - \* 24/7 Online Account Access
- Questions can be referred to the Military Star Customer Service Center at (877) 891-STAR (7827).

Now hold still...



Gen. Leon J. LaPorte, commander of U.S. Forces Korea, pins a significant achievement medal on Pfc. Stephanie Pearson, Headquarters and Headquarters Company, Area I, at a People to People International banquet Dec. 3. Individuals recognized at the banquet work to improve the relationship between Koreans and Americans.

PHOTO BY JOHN A. NOWELL

Human Resources Command Team visits Republic of Korea 8th Personnel Command

**YONGSAN** — A Team of 42 officers and warrant officers from the Human Resources Command, Officers Professional Management Division, will visit officers stationed in The Republic of Korea Jan. 24 – 28, to meet with them one on one and provide them information regarding their professional and career development. The OPMD team will also talk with the officers about the Army's transformation operations.

All officers and warrant officers in The Republic of Korea will have the opportunity for personal interviews with a representative from their branch. Officers have to sign up to be placed on the interview schedule. Any officer wanting an interview with their branch manager has until Jan. 7 to sign up.

Brig. Gen. Rhett Hernandez, OPMD director, will also provide professional development briefings in Area I – IV to ensure all officers have the opportunity to attend the briefing. To sign up for an interview, officers will need to contact their area point of contact or branch-specific POC.

Letter

remain the foundation of our United States Army.

Soldiering is an affair of the heart, and it is that spirit, that fundamental commitment to volunteer, to place the nation's needs above one's own, that makes our Soldiers the best in the world today. Your professionalism, dedication, and valor are the hallmarks of the values our Army has upheld for over 229 years of service to our Nation.

I am immensely proud of what our Army has accomplished over the past three years. Our Army has carried the heaviest burden in fighting this Global War on Terror. Soldiers have set two nations - Iraq and Afghanistan - on the path to democracy and economic recovery.

Less than twelve months since we first rotated our combat formations in Iraq, the Army, for the second time, is executing the most massive movement of troops and equipment seen since World War II. And, even as we continue to take the fight to our nation's enemies and improve the quality of life for our Soldiers' families, our Army continues transforming its training, organization, and equipment

Our Army is far more than people and equipment - it is made of men and women with hopes and dreams, a passionate commitment to the ideals of freedom, and the willingness to fight for those ideals. But freedom is not free!

And in today's War on Terror, some of our Soldiers have lost their lives, and many have been wounded.

I have had the honor of visiting many of these wounded Soldiers, and I am always moved by their unanimous expressions of dedication, their commitment to service, and their desire to return to their units and comrades-in-arms. I'm equally touched by the tremendous commitment displayed by their families, and the support that they provide.

When we talk of service and sacrifice, we must never forget the wives, husbands, sons, daughters, mothers, fathers, and other loved ones who stand behind our Soldiers. Their unconditional love and their steadfast loyalty to our Soldiers are invaluable in every aspect of what our Army does. The devotion and support of our Army families represent all that we fight for and all that we hold dear.

It has been my honor to represent the wonderful men and women who volunteer to be a part of the Army – and their families as well. The nation will be eternally indebted to you for your service and sacrifice.

God bless each of you, God bless the United States Army, and God bless this wonderful nation we all love and so proudly serve.

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## Retire

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secretary of the Army Nov. 14, 2001, following his nomination by President George W. Bush and confirmation by the Senate. From May 10, 2003, until Nov. 19 he served concurrently as acting secretary of the Army.

The length of time Brownlee served as acting secretary is unprecedented, said Secretary of the Army Dr. Frances J. Harvey.

“Since the founding of the Republic, only 24 men have served as the acting Secretary of War, or, after 1947, the acting Secretary of the Army - men like Winfield Scott, Ulysses S. Grant and William Tecumseh Sherman,” said Harvey at a ceremony for Brownlee earlier this week. “Les Brownlee is the longest serving of these 24. He has made outstanding contributions to his country and is joining a distinguished group of leaders.”

Secretary of Defense Donald H. Rumsfeld and Army Chief of Staff Gen. Peter J. Schoomaker hosted the full-honors ceremony for Brownlee at Fort Myer’s Summerall Field Nov. 29. Many of the Department of Defense senior leadership, civilian and military, past and present, attended the retirement ceremony. Also in attendance was Chairman of the Senate Armed Services Committee Warner, Secretary of Veterans Affairs Anthony J. Principi, Secretary of the Navy Gordon England, and the Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers.

“I know firsthand that there are few people who have stood as firmly on the side of our Soldiers as has Les Brownlee,” Rumsfeld said. “And that has been the great good fortune of the United States Army and our country.”

Rumsfeld presented Brownlee the DoD Medal for Distinguished Public Service. Schoomaker presented Brownlee the Army Distinguished Civilian Service Medal. Warner presented Brownlee’s retirement certificate.

Veterans Affairs Secretary Principi said: “Few have lived a more purposeful life ... with as much dedication and

determination...as much faith and fidelity to America...as the citizen-Soldier we honor today. Guided by the twin precepts of action and achievement, his life shines as the lodestar for all who choose the path of public service.”

Brownlee thanked Gen. Schoomaker for his friendship and for being a great partner. He also thanked President Bush and Secretary Rumsfeld for allowing him to serve as the civilian leader of the Army as our Nation waged the War on Terror.

“As a Soldier, Mr. Brownlee had an impeccable reputation and he lived the Warrior Ethos,” Schoomaker said.

“Mr. Brownlee cares about the Army and Soldiers as much as anyone I’ve met or served with...He helped keep the Army on the right azimuth- not only in our transformation efforts, but also our ongoing support of the Global War on Terror,” said Schoomaker.

“His service as under Secretary and later as Acting Secretary coincided with one of the most turbulent periods in our Nation’s history - a period that offered unprecedented challenges for our Army,” Schoomaker said. “...Through it all, he provided strong, supportive leadership to help us contend with those challenges, and to ensure the Army accomplished our mission...He always had the best interests of the Army-and a genuine concern for Soldiers and their families — at the forefront of every decision he made and every action in which he was involved.”

Brownlee commented on a question he received recently about how he’d like to be remembered, citing a quote from the Anton Myrer novel, *Once an Eagle*: “That’s the whole challenge of life – to act with honor and hope and generosity, no matter what you’ve drawn. You can’t help when or what you were born, you may not be able to help how you die; but you can – and you should – try to pass the days between as a good man.”

“And if those who have served in our Army while I was here might believe that I was a good man who always acted in their best interests,” Brownlee said, “then that is more than I can ask.”

# AD GOES HERE

## Pep Rally!



PHOTO BY STAFF SGT. CARMEN BURGESS

West Point cheerleaders and members of the pep band rock the halls of the Pentagon Dec. 3 at a pep rally for the Army vs. Navy football game held in Philadelphia, Pa., Dec. 4. Navy won the game 42-13.



## Western Corridor bases host closing ceremonies

By David McNally  
Area I Public Affairs Office

**CAMP HOWZE** — A trumpet sounded at the final command retreat ceremony for Soldiers of the 2nd Infantry Division Dec. 2 at Camp Howze.

The event was one of many such ceremonies, held at bases across the Western Corridor last week.

Officials at camps Stanton and Garry Owen held similar ceremonies Dec. 1. Soldiers honored the history and lore of Camp Greaves Saturday.

"It's sad," said Command Sgt. Maj. Eloy Alcivar, 2nd Infantry Division Engineer Brigade sergeant major. "This camp has been home to so many Soldiers."

The Camp Howze event, attended by Soldiers and civilians from across Area I, was a simple retreat ceremony with a presentation of the engineer unit's colors to the vice-mayor of Paju, the neighboring city for camps Howze and Edwards.

"I think what we leave behind is the improvement in

the relationship with the Korean community," Alcivar said.

Alcivar said Camp Howze Soldiers interacted with their Korean neighbors through volunteer work.

"I think we brought down a lot of stereotypes," Alcivar said.

Many Camp Howze Soldiers deployed with the 2nd Brigade Combat Team to support operations in Iraq. The remaining Soldiers moved to Camp Casey.

For the past two months, Camp Howze has been the

See "Closing" on Page 8



A trumpeter sounds a final solemn retreat call Dec. 2 at Camp Howze.



Division officials present the Paju vice-mayor with a gift.



Camp Howze is a beehive of activity as workers prepare the installation for final inspection and turnover to the Republic of Korea.



PHOTOS BY DAVID McNALLY

Spc. Ameen Salahud-din, 82nd Engineer Company, renders a hand salute during the final Camp Howze retreat ceremony.

## Government purchase cardholders learn the ropes

By Pfc. Stephanie Pearson  
Area I Public Affairs Office

**CAMP RED CLOUD** — Area I Soldiers and civilians met in the Camp Red Cloud Theater Dec. 1 to learn the ins and outs of using a government purchase card.

Everyone who has, or is applying for, a GPC must attend training, said Choo Tae, U.S. Army Contracting Command, Korea, and class instructor.

"If you want to be a cardholder or billing official, you have to take this course," he said. "Otherwise, we cannot provide you with a card."

The four-hour class was aimed at teaching cardholders and billing officials all the rules involved in making government purchases with their cards, Choo said.

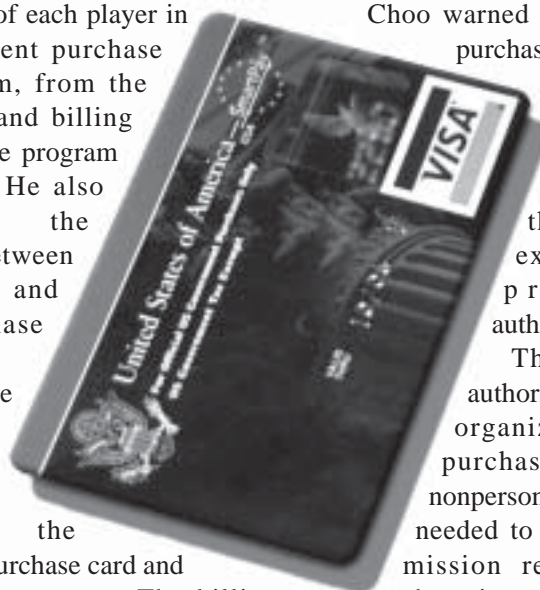
"Because cardholders and billing officials have to handle their primary mission first, this could be their second or third job," he explained. "They don't have enough training to cover all the instructions, so they sometimes go out and make purchases without the proper authority, which causes problems."

The class started by Choo explaining

the authority of each player in the government purchase card program, from the cardholders and billing officials to the program coordinator. He also explained the difference between card limits and single-purchase limits.

The cardholder is an individual in a unit who is issued the government purchase card and has purchasing power. The billing official is a different individual in the unit who approves purchases and makes sure the card is not used for unauthorized purposes.

Most cards are authorized for use in purchasing items that cost less than \$2,500; however, this is not the card limit, and units may make up to seven purchases of \$2,500 or less each month. For larger purchases, units should contact their resource management office.



Choo warned that making split purchases, when a known requirement is divided into two or more purchases because the total price exceeds the procurement authority, is prohibited. The GPC is authorized to be used by organizations only to purchase goods and nonpersonal services that are needed to fulfill immediate mission requirements not otherwise provided by the established supply system, he said.

Before making a purchase, the cardholder must get authorization from the billing official in their unit.

"Most funds will be handled by the RMO," Choo said, "but this card can be used for minor procurement needs within the unit."

Some restricted uses are:

- long-term rental or lease of land or buildings
- telecommunications services

- vehicle repair parts and services
- travel-related purchases
- souvenirs, gifts or mementos
- Morale, Welfare and Recreation
- nonappropriated fund requirements
- personal expenses
- food

Other items that are usually restricted can be procured with proper authorization and coordination. These include awards and award-type items; flags, guidons, streamers and tabards; hazardous materials; computers, communication and audio-visual equipment; and mail.

Choo ended the training by leading the class through the C.A.R.E. Web site, where cardholders should log in new purchases, reconcile previous transactions and approve statements after the close of the billing cycle.

"I want to give as much guidance and policy as I can in the short time frame we have, to avoid misuse of government funds," Choo said. "The most important thing is to stay under your authority, and if you need help, contact your resource management office."

E-mail [stephanie.a.pearson@us.army.mil](mailto:stephanie.a.pearson@us.army.mil)



## NEWS & NOTES

### Tree-lighting Ceremonies

Area I installations will hold Christmas tree-lighting ceremonies at the following installations:

- 5:30 p.m. today at Camp Page
- 5 p.m. Dec. 17 at Camp Red Cloud

### Commissary Holiday Hours

The Camp Red Cloud Commissary will be open Dec. 20, and closed Dec. 25 – 26 and Jan. 1. Normal operating hours will resume Jan. 2.

### Holiday Project

Area I Army Community Service is conducting the Annual Holiday Project now through Wednesday. The project provides commissary vouchers during the Christmas holiday for designated Soldiers with family members in Area I. Contact your unit commander or first sergeant to make a donation, or contact your local ACS for more information.

### Dallas Cowboy Cheerleaders

The Dallas Cowboy Cheerleaders will be at Camp Casey's Carey Physical Fitness Center 7 p.m. Dec. 15 and the Camp Stanley PFC 7 p.m. Dec. 18 for a performance and autograph signing.

### Camp Casey Newcomer's Orientation

The Camp Casey Army Community Service will hold its Korea Newcomer's Orientation and Welcome 8:15 a.m.–3 p.m. Dec. 21 and 28 in the ACS classroom. For more information, or to reserve a seat, call 730-3104/3143.

### Warrior Band Concert

The 2nd Infantry Division Warrior Band holiday concert is at 7 p.m. Dec. 22 at the Uijeongbu Arts Center, near City Hall. For additional information call Cpl. Lee Seung-joon at 732-6704.

### Sexual Assault Web Site

The Army launched a Web site at [www.sexualassault.army.mil](http://www.sexualassault.army.mil), to promote steps leaders and Soldiers at all levels can take to prevent and respond to instances of potential sexual assault. The site includes links to Training and Doctrine Command training materials.

### Mitchell's Holiday Events

Camp Red Cloud's Mitchell's Club will host the following holiday events:

- Cajun night, 8-11 p.m. Wednesday, will feature Cajun food, contests and a live band.
- Country night, 8-11 p.m. Dec. 23, will feature country food, line-dancing contests and a live band.
- An all-you-can-eat Christmas buffet 2-7 p.m. Dec. 25 will cost \$8.95 per person.
- The New Year's celebration, all night Dec. 31, will feature a DJ, champagne, party favors, prizes and food. For tickets, call 732-8189.

### USO Christmas Giveaways

The Camp Casey USO will be giving away phone cards, gift certificates, free tours and other prizes Dec. 13-24 as part of their "12 Days before Christmas Giveaway." Listen for Christmas trivia questions on Armed Forces Network Radio those days for chances to win.

# Eisenhower visits Camp Page

By David McNally

Area I Public Affairs Office

**CAMPAGE** — The granddaughter of former U.S. President Dwight D. Eisenhower met with U.S. troops and Korean civic leaders Dec. 2 during a visit here.

Mary Jean Eisenhower is the president and chief executive officer of an international friendship organization, People to People International. Eisenhower's grandfather founded the group.

Eisenhower was in Korea for a PTPI-Korea annual conference Dec. 3 in Seoul.

"The organization's first member outside of the United States was Korea," said Joe Bell, Camp Page installation manager. "Korean participation started right here, with the local chapter in Chuncheon."

Chuncheon is the city outside Camp Page's gates, located in the heart of Gangwondo province.

Eisenhower traveled to the base, a two-hour drive east of Uijeongbu, to meet with the Gangwondo governor, as well as participate in a groundbreaking ceremony for a monument. She also met with Camp Page Soldiers.

"The local PTPI chapter has been in talks with sponsors and the city government to find a location for a monument," Bell said. "They hope to complete the project next year."

Bell said Eisenhower, along with community and civic officials, put shovels to dirt at the site of the future monument.

"She was very emotional about the monument," Bell said. "It will feature a portrait of her grandfather, and the quote he used to bring the PTPI group into existence."

Bell said the Chuncheon PTPI chapter is constantly contributing to U.S. Soldiers with tours, gifts and support.



PHOTO BY JOHN A. NOWELL

Warrant Officer Steven DiTomaso (left) and 1st Lt. Patrick Taylor, both of Company A, 1st Battalion, 2nd Aviation Regiment, speak with Mary Jean Eisenhower, president and CEO of People to People International Dec. 2 on Camp Page Airfield.

"I coordinate a lot of events with Camp Page Soldiers and the PTPI group," Bell said. "I could tell the Koreans were ecstatic about Ms. Eisenhower's visit."

Later, Eisenhower toured the Camp Page airfield, where she met with pilots and aircrews.

"She showed a lot of interest in what we do at the battalion," said Warrant Officer Steven DiTomaso, Company A, 1st Battalion, 2nd Aviation Regiment. "She came off as a very kind-hearted person."

Eisenhower was presented as the "granddaughter of the former president," but after speaking with her, DiTomaso felt she seemed like a "real" person.

Eisenhower's father, John Eisenhower, coincidentally served at Camp Page during the Korean War in 1952.

Before her return to Seoul, Bell presented Eisenhower with a replica of



President Dwight D. Eisenhower

the famous "Ike" jacket of World War II fame.

"The only difference was the original jacket was wool," he said. "Ours was

See "Eisenhower" on Page 8

# Area post offices add holiday helpers

By Capt. Stacy A. Picard

Detachment A, 509th Personnel Services Battalion

**CAMP CASEY** — Post Offices across Area I feature a new, improved daily operations plan.

Personnel officials recently added lobby monitors to provide better customer service.

"Lobby monitors are part of an 8th Personnel Command recent initiative to provide 'world class' customer service," said Lt. Col. Alan Bernard, 509th Personnel Services Battalion commander. "They provide personal service to postal customers to enhance the postal experience."

Bernard said lobby monitors are there to provide excellent and prompt customer service. The monitors assist customers to identify and fill out the necessary forms to mail packages.

The staff is also prepared to answer questions about shipping. The leadership



PHOTO BY SGT. 1ST CLASS JACQUELINE TUGGLE

Private 1st Class Maria Rau, Detachment A, 509th Personnel Services Battalion (right) assists 2nd Lt. Neal Green at the Camp Casey Post Office.

stressed the assistance will also allow customers to move swiftly through the line.

"It makes a difference in operations when customers have received prompt and friendly service," said Sgt. 1st Class Christine Walker, Camp Red Cloud postal noncommissioned officer in charge. "They can save time

and be prepared in future visits to the post offices."

Lobby monitors have been around for months. However, before, they were only present during high-volume periods.

Officials said with the holiday mailing season in full swing, the assistance may come in handy. Some customers have even referred to the lobby monitors as "Santa's helpers."

Bernard said manpower is always an issue for any operation.

"All post offices on the peninsula have enlisted the help of postal lobby monitors to assist postal customers during peak periods," he said.

Bernard explained they procured more postal equipment at some post offices to enable more customer service windows to open on demand.

Customized shipping counters and

See "Helpers" on Page 8





Statues of Philippine fighters from the Korean War are the centerpiece of this monument north of Seoul. Across the nation there are Korean War monuments honoring nations who fought alongside the Republic of Korea.

# War monument honors sacrifices

By David McNally  
Area I Public Affairs Office

Decades after the fighting stopped and the armistice took hold, the Republic of Korea embarked on an aggressive effort to honor foreign fighters who came to help during the Korean War.

The government erected monuments to the members of the United Nations Command. The artistic designs are peppered across the Korean countryside near sites of former battlefields.

South of Paju, on the main road toward the demilitarized zone, a 17-meter monument stands as a tribute to the Philippine Armed Forces.



Many Americans, and even Filipinos themselves, are unaware of the Filipino troop commitment to battle

North Korean forces during the war.

On Sept. 19, 1950, shortly after the Korean War began with a surprise attack on the South by the Communist North, the Philippines dispatched its soldiers to take part in the United Nations Forces.

A sign at the base of the monument says the “1,496-strong Philippine contingent fought courageously and successfully in the Battles of Wegwan, Gimcheon, Dagu, Cheolwon and the Imjin River.”

By the close of the war, the Philippine Armed Forces suffered 92 dead, 299 wounded and 57 missing in action.

The Korean Ministry of National Defense dedicated the monument Oct. 2, 1974, “in memory of the members of the Philippine Armed Forces who fought to defend the security and freedom of the Republic of Korea,” reads the sign.

The relief of 50 people on the front of the foundation is said to represent the “desperate struggle of the Korean people to overcome frustration and win their freedom and establish peace.”

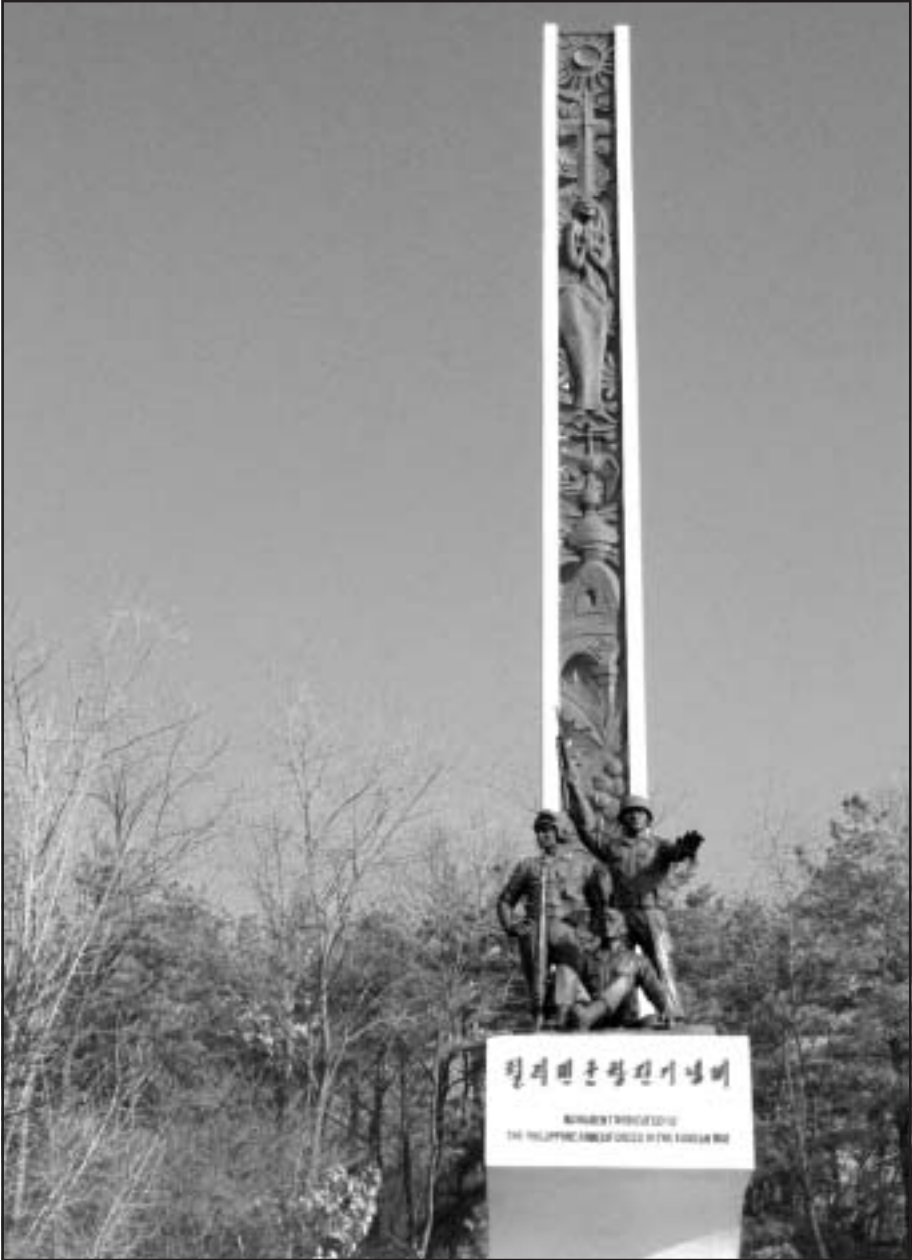
The relief on the front of the pillar depicts the culture of the Philippines.

The peak strength for the United Nations Command was 932,964 troops on July 27, 1953 - the day the Armistice Agreement was signed.

**Foreign fighters in the United Nations Command during the Korean War**

Luxembourg	44
The Netherlands	819
South Africa	826
Belgium	900
Columbia	1,068
France	1,119
Thailand	1,204
Greece	1,263
Ethiopia	1,271
New Zealand	1,385
Philippines	1,496
Australia	2,282
Turkey	5,453
Canada	6,146
United Kingdom	14,198
United States	302,483

SOURCE: [HTTP://WWW.KOREAN-WAR.COM](http://www.korean-war.com)



The 17-meter tall monument stands aside Highway 1, south of Paju.



The Korean War monument is one of many to honor foreign fighters, which came to the aid of the Republic of Korea in 1950-53.



The relief on the front of the foundation is said to represent the “desperate struggle of the Korean people to overcome frustration and win their freedom and establish peace.”

## Closing

from Page 5

focus of activity for workers from the Western Corridor Directorate of Public Works, and 2nd Infantry Division Soldiers tasked with preparing for the turnover.

"It has been intense," said Lt. Col. Stephen Murray, U.S. Army Garrison, Camp Casey and the Western Corridor commander. "We closely coordinated with the 2nd Infantry Division to ensure the installation is vacated to standard."

Immediately after the Camp Howze closing ceremony, officials toured the installation for a final inspection.

"We hope to have everything ready for turnover sometime next year," Murray said.

Camp Howze was home to the engineers, but shared the base with units from the 2nd Military Police Company,

the 552nd Signal Company, elements of the Criminal Investigation Division and Detachment B, 509th Personnel Services Battalion.

The camp was named after Maj. Gen. Robert L. Howze in 1960. Howze was a Medal of Honor recipient and the first commander of the 1st Cavalry Division in 1921.

U.S. Marines selected the area as a headquarters and command post in 1953 during the Korean War.

In 1955, the U.S. Army's 24th Infantry Division replaced the Marines at Camp Howze. Over the years, Army units transferred in and out of the base, with the 2nd Infantry Division maintaining a presence since 1971.

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## Eisenhower

from Page 6

leather and we put the 2nd Infantry Division and the Installation Management Agency unit patches on there. She said she was very happy with the 'Ike Two' jacket."

President Eisenhower formed the PTPI organization in 1956.

"People want peace so badly, that someday governments are going to have to get out of the way and let them have it," the president said at the group's founding.

People to People International was privatized in 1961, and relocated to Kansas City, Mo.

The nonprofit organization says it is dedicated to building cross-cultural communication within each community, and across communities and nations.

"The group enhances and establishes individual friendships of people from different nations," Bell said. "That's a good thing."

As PTPI president, Eisenhower has traveled throughout the world to promote the organization.



PHOTO BY CHANG SANG-HYON

Mary Jean Eisenhower reacts with glee at the presentation of a gift from Joe Bell, Camp Page installation manager Dec. 2.

"It is a tremendous honor to participate in this ceremony to honor my grandfather," Eisenhower said at the groundbreaking. "Peace through understanding was his motto and the foundation of People to People International."

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## Helpers

from Page 6

poster-size examples of forms are some of the other changes that will appear in Warrior Country post offices shortly, officials said.

Another upgrade was the post office chain of command photographs on display at each facility. Previously, only the detachment commanders and above were on display.

"Pictures of the postal-direct chain of command were placed in the lobby to provide customers reassurance that they can speak to someone if they have a problem that the finance clerk cannot resolve," Walker said.

The chain of command is always willing to assist customers with questions, or to help clarify situations.

Most of the time, Walker said, they are present in the behind-the-scenes operations to ensure all mail is processed accurately and without delay.

"We're here to serve our customers on all levels with the best customer service possible," said 2nd Lt. Brad Anderson, Camp Casey postal officer. "Soldiers selected to be lobby monitors are knowledgeable and trained to accomplish the mission."

Having a lobby monitor speeds up the time a customer has to stand at the window, Anderson said.

"It moves all customers through the line faster," he said.

The next time a customer enters an Area I postal facility, officials hope he or she will keep an eye out for the lobby monitors.

"Their unique blue-collared shirt and waist apron make them easily identifiable for all," Walker said. "They are there to provide better service and a more enjoyable postal experience."

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AD  
GOES  
HERE



## Know your rights under the FDCPA

By Capt. Joon K. Hong

Area II Law Office

**YONGSAN** — It is late at night and you get a phone call. The person on the other end demands to speak to you. After a brief phone confrontation, the caller hangs up, leaving you to wonder who wanted to speak to you so badly.

You start listing names in your head. But then it occurs to you that it could be a debt collector. You ask yourself, "The collector has always mentioned to me the reason for his calls. Why isn't he telling me now?" Sure, you haven't paid your debts for six months, but why isn't the collector giving you more information. The more important question you should be asking yourself is, "Is it possible that the caller has violated the FDCPA?"

The FDCPA stands for the Fair Debt Collection Practice Act. The purpose of this Federal law is to stop abusive and harassing debt collection practices. In order for a consumer to qualify for protection under the FDCPA, certain conditions must be met.

First of all, the person who has engaged in such practices has to be a debt collector. A debt collector is defined as either anyone whose principal purpose is to collect debts, or anyone who regularly collects debts for others. This definition could also include attorneys. Among those not considered debt collectors are creditors and their employees, federal or state employees, non-profit credit counseling programs and repossession agents.

The FDCPA requires that debt collectors follow certain rules in their attempts to collect debt. The debt collector must notify you of the nature of the debt. They must also reveal the identity of the original creditor. You have 30 days from the time this notice is given to ask the debt collector to validate the debt, meaning they must confirm that you actually owe the debt. In addition, the validation notice must be clear in writing. After the debt collector takes these steps in writing, they must also follow certain rules when contacting you by telephone. They must inform you of their identity and that any information gained from his conversation with you will be used in the process of collecting the debt. Afterwards, they only need to inform you that the collection is from a debt collector.

After the debt collector follows these procedures, you could take steps to stop

See "Rights" on Page 11

## Tiny DFAC receives big VIP

By Alex Harrington

362nd Signal Company, 1st Signal Brigade

**YONGSAN** — Atop a hill south of Seoul sits a small Army chow hall that normally feeds only five Soldiers. But on Thanksgiving Day the facility received two special guests, bringing with them more than 30 people, who were hungry for some turkey and stuffing, and let's not forget all the trimmings.

Commander United Nations Command, Combined Forces Command and U.S. Forces Korea, Gen. Leon J. LaPorte, and his wife Judy, visited and dined with Soldiers from 362nd Signal Company, 41st Signal Battalion, on Thanksgiving Day.

The Soldiers stationed at Madison Relay site are endearingly referred to as "Mountain Men" because they live on top of a hill, away from all the American amenities that most USFK personnel are accustomed to near larger military facilities like Yongsan Army Garrison.

Once he arrived via a helicopter, LaPorte lauded the cooks who prepared a holiday feast for him and his wife, who took the time to spend a part of their holiday with Signal Soldiers on Thanksgiving Day.

"Gen. LaPorte expressed his gratitude for our Soldiers and Korean National employees' hard work and wished



PHOTO BY 1ST LT. CINDY JENSEN

Gen. Leon LaPorte awards his coin of excellence to Sgt. Christopher Davidson, 362nd Signal Company, for his hard work as DFAC manager and Food Operations Sergeant in preparation for the "Mountain Men" Thanksgiving meal.

everyone a Happy Thanksgiving," said 1st Lt. Cindy Jensen, 362nd executive officer.

The small Army dining facility, Whispering Pines, is See "Visit" on Page 10

## Marriage in Korea: Things Soldiers should know

By Sharmon Lebby

Area II Public Affairs Office

**YONGSAN** — Two years ago, a love story began. Though she was a teacher in Busan, more than a day's drive from Seoul, and he was a U.S. sailor stationed here at Yongsan Army Garrison, they managed to carry on a long-distance relationship that eventually will lead to marriage in spring 2005.

Tis the season to get engaged according to a "Men's Health" magazine survey; and for men like Petty Officer 2nd Class David McKee, a Navy Forces Command public affairs specialist, this holiday means more than overstuffed stockings and leaving cookies for Santa.

When McKee came to Korea, he had no idea he would be meeting the love of his life. Introduced by friends, McKee and his fiancée immediately hit it off when they first met.

Over time, their feeling grew serious. Eventually McKee proposed to his love, which she eagerly accepted.

However, unbeknownst to them, the process to get married, being from two different countries, was a lot more difficult than simply planning the wedding.

McKee indicated that he found the process for obtaining a legal marriage license is a little more complicated for active-duty personnel living in the Republic of



Korea.

"There were about four or five steps we had to go through before we could go to the embassy," said McKee. "We had to complete a packet of forms, which included medical exams and counseling sessions that had to go through my chain of command. And even before that, we had to get permission to even initiate the process."

"The process for me is quite different compared to the Army, Air Force or Marines. Each branch has their own procedures and I think the Navy is the most complex," McKee said.

### Initial steps before marrying a foreign national

Regardless of what each service requires from those active-duty members who want to marry a foreign national, they commonly evoke the following procedures:

■ First, active-duty personnel need to follow U.S. Forces Korea Regulation 600-240. Both the

applicant and the intended spouse must be present. The commander will counsel each applicant and their intended spouse on financial and moral support and the immigration fraud aspects of international marriage.

■ Second, the commander will ensure that applicants are given all assistance practicable in processing their documents.

■ Third, the commander will encourage the applicant to seek premarital advice and counseling from a military chaplain or civilian clergyman, at the applicant's choice.

■ The commander will also ensure the applicant's marital status is verified by reviewing his or her military personnel record and finance record. If the records reveal that a previous marriage existed, action will be taken to ensure that the marriage has been dissolved and that the records are updated.

■ Fifth, the commander will ensure that a legal officer or a qualified paralegal assistant counsels the applicant.

■ Lastly, the commander will ensure the applicant is referred to the Planned Parenthood and Financial Management Counseling office.

In regards to the legal portion of the application process, McKee found the legal assistance office to be particularly helpful.

See "Marriage" on Page 10



## NEWS & NOTES

### Commander's Hotline

A Commander's hotline e-mail address, areaiitownhall@korea.army.mil, is available. For information, call 738-5017.

### New Hours at Yongsan Commissary

Yongsan Commissary now have new holiday hours.

Dec. 20	Open	10 a.m. - 7 p.m.
Dec. 24	Open	10 a.m. - 6 p.m.
Dec. 25 - 26	Closed	
Dec. 27	Open	10 a.m. - 7 p.m.
Dec. 31	Open	10 a.m. - 6 p.m.
Jan. 1	Closed	

### Santa's Mail Bag

Parents and children are recommended to send letters to Santa via the following address: Santa's Mail Bag 354th OSS/OSW 2827 Flightline Ave, Suite 100B Eielson AFB, Alaska 99702-1520.

### Free DMZ/JSA Tour for Students

Visiting and/in-country high school and college students of DoD military and civilian personnel, Department of State and DoDDS employees in Korea are invited to a FREE tour of the DMZ and Joint Security Area 9:45 a.m. to 6:30 p.m., Dec. 30. Program includes historical briefings and tours of Tunnel #3, OP Dora, Camp Bonifas and Panmunjom. For information, call 723-4685 or e-mail deleonc@usfk.korea.army.mil.

### Military Post Office Closures

All Army Post Offices will be closed on the following dates.

Dec. 24	Federal Holiday
Dec. 25	Christmas Day
Dec. 27	USFK Training Holiday
Dec. 31	Federal Holiday
Jan. 1	New Year's Day
Jan. 3	USFK Training Holiday

### Team Training

The 38th Medical Detachment provides a 40-hour Field Sanitation Team Training Jan. 10-14, March 21-25, May 9-13 in TBD in Area II. For more information, call 724-6276 or e-mail Cheryl.Featherstone@kor.amedd.army.mil

### Job Vacancy For Inspector General

The Office of the Inspector General for 8th U.S. Army and USFK is looking for a few good men and women in the rank of sergeant first class and PMOS of 42L, 42A 11B, 31B and 31K, and commissioned officers in the ranks of captain - lieutenant colonel, to serve as inspectors. For information, call 723-4007 or e-mail bryants@korea.army.mil

### Security Manager's Course

MSC Primary and Alternate Security Manager's Course will be 8:30 a.m. to noon, Jan. 21 in Building 2462. For more information, call 723-6845 or 723-3378.

### No-Host Benny Havens Social

All West Point graduates are invited to a No-Host Benny Havens Social in honor of West Point Founder's Day March 5 at the Dragon Hill Lodge. For information, e-mail RoundsM@korea.army.mil or Curriera@korea.army.mil

### Correction

A correction on the article "A Woman's work" Nov. 26 issue. Collette Newman is a Lead Human Resource Specialist.

## 17th Aviation Brigade trains Soldiers through competition

By Pfc. Park Yung-kwi

Area II Public Affairs Office

**YONGSAN** — "Fall in! Dress right dress!" At the sound of the commands, boot heels snapped together and Soldiers spaced themselves equally in formation.

The formation was the beginning of a drill and ceremony portion of a competition held by Headquarters of Headquarters Company, 17th Aviation Brigade to build esprit de corps between Soldiers of other companies within the brigade at the United Nations Compound Dec. 2.

"I want to make sure every single one of the Soldiers know how to do each event," said Col. David Abramowitz, brigade commander. "I also want to make sure that they get to know each other; I have units from (Camp Red Cloud), Camp Humphreys, K-16 and Yongsan, they are all located here, but they never



A 52nd Aviation Regiment Soldier concentrates on assembling an M-2 machine gun during the weapons assembly portion of the competition.



A Headquarters and Headquarters Company, 2nd Battalion, 52nd Aviation Regiment team led by Pfc. Robert Armstrong, yells out before starting the ceremony in the competition.

see each other. For one day, we spend time with each other to bring up the morale and teamwork."

The goal of the event was to conduct effective competition between headquarters and headquarters companies in the brigade. The key tasks were categorized into five events: OE-254 antenna assembly, driving competition, Preventive Maintenance Check and Services for deficiencies on a military vehicle, and assembly and functions check of an M-9 pistol, M-16 rifle and M-2 .50-caliber machine gun.

Participating Soldiers trained for weeks in preparation for this competition. They represent the best Soldiers in their units. Three companies participated in the competition with HHC, 17th Aviation Brigade. They were from 1st Battalion, 52nd Aviation Regiment, 2nd Battalion, 52nd Aviation Regt. and the 164th Air Traffic Services Group.

"(The competition) is a great

opportunity for Soldiers in the whole brigade. It brings us together and reminds me that we are one team," said Pfc. Jason Cruz, HHC, 17th Aviation Brigade.

E-mail YungKwi.Park@korea.army.mil



Pfc. Brian J. Biggers, a 52nd Aviation Regiment intelligence analyst, carries a 50-ohm coax line to match the 200-ohm antenna in the OE-254 Assembly.

## Marriage

"There was this guy in the office, Mr. Cha Yun, Ku, who was great. He really helped us out," said McKee.

After going through legal, the next step is to schedule physical examinations, for both the active-duty member and intended spouse.

### How does the fiancée obtain a medical exam?

A physical examination is required for the intended spouse. The primary purpose of the medical examination is to detect any medical condition(s) that would prohibit the intended spouse from later entry into the United States. The physical is good for one year from the completion date for visa purposes. Procedures for obtaining the required examinations are as follows:

■ The intended spouse should, if not eligible for care in U.S. military facilities, arrange for and take a combined premarital and visa physical at one of five local Korean hospitals that have been sanctioned by the American Embassy and contract hospitals. It is the responsibility of the applicant or the intended spouse to schedule this physical directly with

one of these hospitals. The cost is approximately 120,000 won.

■ The applicant will take the pre-marriage serology test (to include testing for HIV infection and the hepatitis B test at the servicing medical treatment facility. Results will be recorded on SF Form 88 (Report of Medical Examination).

■ Upon completion of the necessary tests of the applicant, the servicing medical facility will provide a statement that the applicant is free from any detectable communicable disease.

■ The medical facility will forward the results of the applicant's examination through channels to his/her unit commander. The results are valid for one year from the date that the medical officer signs it. The intended spouse picks up his/her completed examination from the hospital. It is included as part of the application (two copies). This examination is valid for one year for marriage and visa purposes.

**Editor's Note:** This is the first of a two-part story about foreign marriage.

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## Visit

Madison site's best-kept secret in the Republic of Korea. Recently, Whispering Pines received the "Brigade's Best Mess" award for fourth quarter, fiscal year 2004, said Jensen.

What makes this place so different that it garners a visit from the USFK commander is the environment. "It looks

more restaurant than Army," said Pak Hyo-chin, a cook at the Madison site dining facility, adding "Thanksgiving's head count was the highest number ever served for one meal at this small dining facility."

E-mail JensenC@korea.army.mil

from Page 9

from Page 9



Reading time



After dropping off school supplies, 1st Sgt. Robert M. Jennings of Company A, 1st Battalion, 21st Infantry Regiment, 25th Infantry Division, reads a story to children at Al Nidhal Public School in Amel Shabi, Iraq.

PHOTO BY LEE HARSHMAN

Rights

from Page 9

them from harassing you. You could notify the debt collector in writing that you refuse to pay, or that you wish to no longer be contacted.

If the debt collector fails to abide by these procedures, you could seek monetary damages from the courts. Some courts may award up to \$1,000 for each violation of the Act. You do not have to prove physical damages. In addition, you could also seek actual damages such as emotional distress stemming from humiliation or embarrassment. You could also win attorney's fees and court costs if you

win. You could have the Federal Trade Commission seek other remedies from the debt collector. Each case is different.

Again, the FDCPA ensures that the debt collector go through all these steps as a way to provide you with the means to stop potentially harassing actions. If you believe you have been a victim of such harassment, contact the Legal Assistance Office at 738-6841.

Email Joon.Hong@us.army.mil

Experience Greater Seoul

USO Tours

- Show and Dinner (Korean Traditional Stage at Chongdong Theater) – 8:30 a.m. - 4:30 p.m., today
  - Seoul City Night Tour (Han River Cruise & Seoul Tower) – 3:45 - 10 p.m., Saturday
  - Cultural Tour (Kyungbok Palace, Changduk Palace) – 8:40 a.m. - 3:30 p.m., Thursday
- For information, call the Seoul USO office at (02)-792-3380 or go [www.uso.org/korea/](http://www.uso.org/korea/)

Royal Asiatic Tour

- Shopping Spree Tour – Saturday
  - Munkyeong Pass Hiking and Miruksa (in Soeraksan) Tour – Sunday
  - Magok-sa and Kakwon-sa Temple Tour – Dec.18
  - Kyeryong-san National Park Hiking Tour – Dec.19
- For information, call (02)-763-9483.

Entertainment

- Exhibition – The universal design exhibition will be held 11 a.m. to 7 p.m. today to Sunday in Hangaram Design Museum at Seoul Arts Center. For information, call (02)-580-1648.
- Concert – In honor of the 100th anniversary of A. Dvorak's Death, Seoul Oratorio Regular Concert will be held 8 p.m., Wednesday in the Concert Hall at Seoul Arts Center. For more information, call (02)-587-9277.
- Concert – Jo, Su-mi Concert will be held 7:30 p.m. Wednesday in Concert Hall at Seoul Arts Center. For information, call (02)-2650-7482





## Community News

Box 705, APO AP 96206-0705.

### **Health and Safety Services**

There are a variety of courses scheduled by American Red Cross. The programs are Infant and Child CPR, ARC Orientation, 9 a.m. - noon Monday, Baby sitting, 9 a.m. - 3 p.m., Dec. 18. To sign up, go to the ARC office upstairs in the Moyer Community Services Center. For more information, call 738-3760.

### **Become a better speaker**

Learn to become a better speaker through Toastmasters, every Tuesday, 7 p.m., held at the Moyer Community Services Center, 2nd Floor Red Cross conference room. For information, call 011-9228-4175 or e-mail [mnetttrour@mailblocks.com](mailto:mnetttrour@mailblocks.com). Toastmasters is a public speaking club; dedicated to improving member's public speaking and leadership abilities. You can find out more about Toastmasters, by visiting their Web site, <http://www.toastmasters.org>.

### **American Projects Program**

The Armed Forces Spouses' Club seeks to support worthy projects or needs. Through its American Projects program, AFSC donates to organizations serving the USFK population including Soldiers, DoD civilians and their families who reside

in the community. The Chosun Gift Shop generates the available money. Any organization or individual that serves the USFK population may request assistance from AFSC. Please allow two months to process your request, and include the following information: (1) full description of the project for which you are requesting assistance; (2) a description of the population that this project will benefit; (3) an explanation of all efforts that have been made to raise the funds for this project; (4) dollar amount requested and an itemized list of how the funds will be used; (5) a point of contact, with phone number and e-mail address in case additional information is needed. To submit a request, call the AFSC American Projects Chairperson, Nancy Donahue at 736-5236 or e-mail [AFSCAmericanProjects@yahoo.com](mailto:AFSCAmericanProjects@yahoo.com).

### **Royal Asiatic Society**

Lecture meetings are held in the Daewoo Building, 8th Floor (near Seoul Train Station). For information, call 02-763-9483 or go to [www.raskorea.org](http://www.raskorea.org).

### **AFSC looking for volunteers**

American Forces Spouses Club is looking for volunteers to give back to the community. For information, call 738-7327 or 736-8119.

## Religious activities

### **Prayer Breakfast**

Kappa Alpha Phi, Inc. presents "Tis the Season Prayer Breakfast" at the Dragon Hill Lodge Mezzanine Bridge, 8 a.m., Saturday. For information call 011-9671-1446.

### **Public Service Announcement - Messiah**

The Community Chapel is pleased to present "Handel's Messiah." This timeless classic will be presented by volunteer soloists, orchestra, and choir. Let Messiah be part of your holiday tradition. Free concerts will be held 7 p.m. Saturday and Sunday at the South Post Chapel.

### **Learn to be a better husband and leader**

The Men of the Morning Calm holds Bible studies for Area II men who want to learn to be better husbands and leaders in their community. Bible studies are held at the South Post Chapel 6 a.m. every Tuesday. Also, there is a men's breakfast 8 a.m. on the first Saturday of each month at the South Post Chapel. For more information, e-mail [ay.grandin@us.army.mil](mailto:ay.grandin@us.army.mil).

## Community Events, Classes and Meetings

### **Korean Culture Program**

There is a concert, "Rising Dreams : New Korean Talents." It will be held in an effort to make Americans familiar with Korean culture 7:30 p.m., Monday at Hoam Art Hall. For information, visit [www.hoamarthall.org](http://www.hoamarthall.org)

### **Scholarship application for NCOA Scholarship**

The Noncommissioned Officers Association, Dragon Hill Chapter #1507, offers competitive scholarships to eligible students who have not or will not receive a larger scholarship from another source. Mail all documentation in one complete packet to Noncommissioned Officers Association: The Dragon Hill Chapter NCOA Scholarship Fund, PAS #450

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# Releasing regret an important part of life

Chaplain (Capt.) Thomas B. Vaughn Jr.

Camp Long/Camp Eagle Installation Chaplain

**CAMP LONG** — I watched a great movie a while back called “The Shawshank Redemption.” In one scene, Morgan Freeman who played a prisoner named Red came before the parole board. He had been in jail for 40 years. The board asked him, “Do you feel that you’ve been rehabilitated?”

Freeman said, “Rehabilitated? Now let me see.” The board tried to explain to him what the word rehabilitated meant, but Red said, “I know what you think it means. But to me, it’s just a word you politicians use so that you can sign your papers and stamp your forms. What you really want to know is, ‘Am I sorry for what I did?’ Yes. Not a day goes by when I do not feel regret. For the families I hurt. For the people I let down.

“I wish I could go back and talk to that foolish boy I used to be. Talk some sense into him. Tell him how things really are. But I can’t, and all that’s left is this broken down old man. And I have to live with what I done for the rest of my life.”

Is there something in your past that you regret? You find yourself haunted by thoughts of “What was I thinking?” “Why did I do that?” “If only I knew then what I know now.” If so, then welcome to the human race. Everyone has regrets. We all make mistakes, say stupid things, hurt ourselves and hurt other people.

God doesn’t want us to live in the past, but so many do. We carry around burdens and regrets that God never meant for us to carry: Things that He would be glad to forgive and forget if only we could forgive and forget.

So, how do you deal with your regrets? First, admit

them. Take responsibility for your actions and ask God to forgive you. Proverbs 28:13 says, “Whoever conceals his sins will not prosper. But whoever confesses and forsakes them will find mercy.”

Second, accept God’s forgiveness. Many people admit their past mistakes, but never really accept the fact that they are truly forgiven. When God forgives, He forgives immediately and completely.

Third, believe that you are really forgiven. Don’t assume that every time something bad happens, God is punishing you. God doesn’t work that way.

Finally, forgive yourself. Isaiah 43:18 says, “Forget the former things. Do not dwell on the past.” It is okay to look back at your past, but don’t stare. Don’t dwell on things you cannot change. Accept God’s forgiveness, learn from your mistakes and move forward with your life.

## Area III Worship Services

### Protestant

Lutheran	Sunday	8 a.m.	Freedom Chapel
Collective		10 a.m.	Suwon Air Base
		10:30 a.m.	Camp Eagle
Collective		10:30 a.m.	Zoeckler Chapel
Collective		11 a.m.	Freedom Chapel
		12:30 p.m.	Camp Long

Gospel	Sunday	1 p.m.	Freedom Chapel
Later-day Saints		4 p.m.	Freedom Chapel
Contemporary		6 p.m.	Freedom Chapel
Korean		7 p.m.	Camp Long

### Catholic

Mass	Daily	11:45a.m.	Freedom Chapel
Mass	Sunday	9:30 a.m.	Freedom Chapel

Mass	Sunday	1 p.m.	Suwon Air Base
Mass		4 p.m.	Camp Long
Mass		5:15 p.m.	Camp Eagle

### Area III Chaplains

**Chaplain (Lt. Col.) James Benson**  
bensonja@usfk.korea.army.mil  
753-7274 or 011-9496-7445  
**Chaplain (Capt.) Darin G. Olson**  
olsondg@humphreys1-501mi.korea.army.mil  
753-3049

Ad goes here





Spc. Jared Beck, a postal augmentee, pulls a load of packages at the Camp Humphreys Post Office. Several augmentees are helping move mail during the heavy holiday season.



Pvt. Maria Martinez and Pfc. Cole Landers move mail at the Camp Humphreys Post Office.

Pfc. Angelica Ortega sorts mail bound for units at Camp Humphreys.



PHOTOS BY STEVE DAVIS

After unloading a truckfull of mail bound for Camp Humphreys at 7 a.m., Soldiers load outbound packages. After a workout moving packages, the Soldiers sort mail for unit mail call.

## Moving Mountains

### Postal people haul heaps of holiday mail

By Roger Edwards  
Area III Public Affairs Office

**CAMP HUMPHREYS**—The holidays are upon us and so is the generosity that defines the season and strains those responsible for delivering the mail.

“Thanksgiving kicked off our busy season,” said 2nd Lt Nicole Gross, Area III postal service officer at Detachment B, 516 Personnel Services Battalion.

“Christmas is coming and we’re already seeing twice as much incoming mail as normal. We expect outgoing mail to increase drastically as well.”

According to Gregory MacKessy, 8th Army Director of Postal Operations, Korea handles about 40 percent more mail during October, November and December than at any other time of the year.

“We normally handle about 1.2 million pounds,” he said. “During the holiday season that amount can increase by 300,000 to 500,000 pounds each month.”

Tips to help your postal workers serve you better and quicker include: complete your customs form in detail before you get in line; remove batteries from electronic devices; mail items of high value via registered mail. There are other tips posted in each post office. Check them out and follow them.

Camp Humphreys postal workers are

prepared for long-December hours. Hours of operation have been extended an extra hour in the evening, and the staff shows up by 5:30 a.m. to off-load arriving trucks. Christmas hours are 10 a.m. to 6 p.m. Monday, Tuesday, Wednesday and Friday; 1 to 6 p.m. Thursday and 9 a.m. to 2 p.m. Saturday.

“We’ll be working on training holidays as well,” said Gross. “Our goal is world-class service.”

Helping the normal staff of 15 soldiers and four civilians provide that service to camps Humphreys and Long, and Suwon Air Base, are 10 base augmentees. In addition, these 29 postal workers will be joined by ten Reserve Soldiers on training Dec. 12-23.

The Area III Post Office serves 8,722 customers through 24 mail rooms at three installations. They train unit mail room clerks, inspect mail room operations, sell stamps, inspect in-coming and out-going packages and, in general, work to make life better for those assigned to Area III.

And they are planning something special. “We’re running Operation Santa Claus on Christmas Eve,” said Gross. “We’re staying open late and holding a second mail call. If a package arrives in Korea by Christmas Eve, it’ll be here for pickup.”

E-mail [roger.a.edwards@korea.army.mil](mailto:roger.a.edwards@korea.army.mil)



Above: Pfc. Markita Jones helps a customer at the Camp Humphreys Post Office. Her co-workers, Chang Chong-chun and Sung Nak-pum also serve customers in the part of the post office open to the public.

Left: Spc. Bridgette Horace unloads a mail truck.

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### Senior Leader's Night

Camp Casey Reggie's Activity Bar is sponsoring Senior Leader's Night at 5 p.m. every Wednesday. Enjoy Reggie's brewery beverage special as well as free snack. For information, call 730-2715.

### Live Music At Camp Casey

Camp Casey Primo's Express hosts CC Jam Sunday starting at 2 p.m. This is an open microphone to everyone. MWR Offshore Entertainment "WES" and MWR Bands "Central Sound" and "Intensity Band" perform live music. For information, call 730-3400.

### Mitchell's Disc Jockey

R&B DJ Hollywood performs at Mitchell's club Friday and Saturday nights. DJ Hollywood will entertain from 9 p.m. until closing. For information, call 732-8189.

### Football And Wings

Camp Red Cloud's Mitchell's Club screens National Football League football games every Tuesday. Buffalo wings and beverage specials are offered during the games. For information, call 732-8189.

### Car Wash Service

Area I Morale, Welfare and Recreation Service Division offers a 24-hour car wash at Camp Mobile. The car wash is self service and accepts 500-won coins only. For information, call 730-3928.

### Playgroups for Children

Yongsan Playgroups is now accepting new members. The group plans play dates, educational activities and field trips for families with infants, toddlers and pre-schoolers in Yongsan and Hannam Village areas. E-mail joyner57@hotmail.com for membership information.

### Holiday Bowling Sale

Camp Casey Bowling Center is offering a special holiday sale. Selected items such as bowling balls and accessories will be on sale at up to 50 percent off. Sale ends Dec. 31. For information, call Camp Casey Bowling Center at 730-4577.

### Comedy ROKs Tour

today	Camp Hialeah, Pusan Pub @ 8 p.m.
Saturday	Camp Henry, Henry's Place @ 9 p.m.
Tuesday	Camp Long, Community Club @ 8 p.m.
Wednesday	Camp Humphreys, Tommy D's @ 8 p.m.
Thursday	Camp Red Cloud, Mitchell's @ 7 p.m.
Dec. 17	Camp Essayons, Stalker Club @ 7 p.m.
Dec. 18	Camp Hovey, Borderline Cafe @ 7 p.m.
Dec. 19	Yongsan Garrison, Main Post Club @ 8 p.m.
Dec. 21	K-16, Community Club @ 7:30 p.m.

## Military rivals battle at flag football

By Petty Officer 2nd Class David McKee

U.S. Naval Forces Korea

**YONGSAN** — Soldiers and Sailors in Korea battled out their own version of the "America's Classic" Army-Navy service academy rivalry game on Seoul American High School football field where Army beat Navy 20-6 during a peninsulawide flag-football game Dec. 4.

More than 100 fans on each side braved pelting rain to watch Yongsan Garrison community's eighth annual version of the match the day before the traditional collegiate event played in Philadelphia.

Army started strong with a quick touchdown in the first two minutes of the game. The Navy followed suit driving a six-point wedge through the Army's defense to tie the game for what would be the Navy's only score. Army reaped two more touchdowns through pass interceptions and garnered two extra points with successful conversion plays.

Though the men in blue and gold couldn't launch a successful strike against the black and gray crusade, the Navy continued to harass Army to the final second of the game when they stopped a pass inside Army's end zone.

"It was a good match," said U.S. Forces Korea and 8th United States Army Command Sgt. Maj. Troy J. Welch. "The Navy was a strong team and it was the Army's defense that kept them alive."

For U.S. Naval Forces Korea Command Master Chief Petty Officer Steve Head, in addition to the event being a good game, it was good for the Navy and Army as a team.

"Many of us are competitive by nature and we like a good contest," said Head. "Today was both a fun, family event and a great opportunity for the Navy and the Army to strengthen camaraderie and respect through a little rivalry."

The event was also an opportunity to show pride despite the difference in numbers of personnel here on the peninsula. "I was surprised at how the Army could win when the Navy



PHOTO BY PETTY OFFICER 2ND CLASS DAVID MCKEE

Navy Quarterback Petty Officer 1st Class John Schniebs stationed with United States Forces Korea tries to drive past Army's defense for a first down at the Dec. 4 peninsula-wide flag-football game at Seoul American High School in which Army beat Navy 20-6.

has a crop of 440 Sailors and Marines to choose from versus Army's 27,000 throughout the peninsula," said CNFK Chief of Staff Capt. Robert Bougher jokingly. "I thought our strategy was paying off after sacrificing last year's game in which we lulled the Army into a false sense of security, but maybe the Navy is out of favor with 'Gridiron Gods' this year."

Once again, the Army took to the field and kept the championship trophy in Army country at Collier Field House rather than at the Navy Club where Sailors are planning for next year's hopeful victory. But also once again, fans in Korea did not have to get up at 4 a.m. to see one of the hottest rivalries in military sports action.

E-mail 01p1@cnfk.korea.mil

## MWR, Santa plan Area III holiday events

By Mike Mooney

Area III Marketing

**CAMP HUMPHREYS** — Area III youngsters will get the opportunity to defend their actions of the past year in person, as the Jolly Old Elf from the North Pole will appear at the Nitewatch for two breakfast sessions this month.

"Santa Claus has verified that he will be at the Nitewatch from 9-11 a.m., Dec. 18-19," said Area III Business Operations Division Chief Mike Ross.

"He has told us that he has a very busy schedule, but is willing to come to Camp Humphreys so our children can let him know if they have been naughty or nice over the past year.

"He has also agreed to pose for pictures, and our Area III Marketing staff will be on hand to take digital photos of the youngsters and give the parents the floppy disk so they can e-mail the pictures back to their folks in the (United) States."

In addition to updating his list, Santa will also be handing out gifts to Area III youngsters. He said he is bringing a "special" gift for Camp Humphreys children — stuffed Bulldogs. Camp Humphreys sports teams are known as the Bulldogs.

Children can order off the 99-cent Nitewatch Children's Breakfast Menu or enjoy the weekly Nitewatch Breakfast Buffet.

"Santa will be here, snow or shine,"

Ross said. "I'm not sure if he will be using his reindeer and sleigh or if he is going to catch a hop on a helicopter. Either way, he'll be here."

Area III children can also get a personal letter from Santa Claus and gifts from the Area III MWR program through the special "Letters from Santa" promotion being directed by Area III MWR Marketing.

"We have made contact with Santa and he has agreed to write a personal letter to each of our children," said Marketing Chief Mike Mooney. "For our part, we will provide special

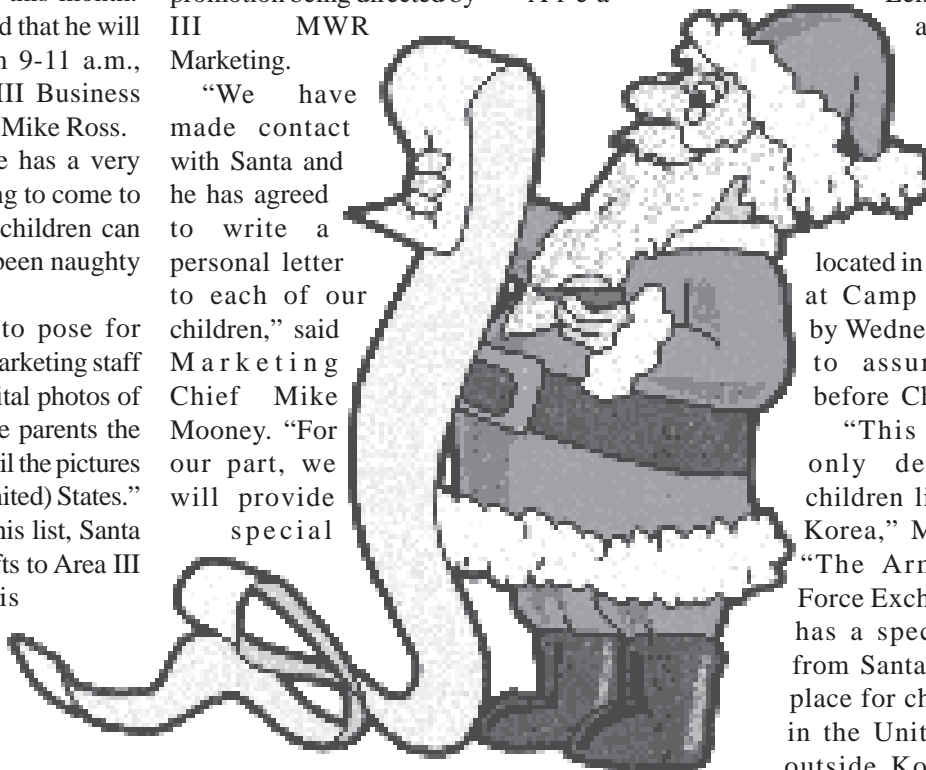
free game of miniature golf at the August West Miniature Golf Course and even free bowling at the Strike Zone Bowling Center.

Parents can register their children age 10 and below for the Letters From Santa program through an entry form in the December edition of the Leisure Informer and Youth Newsletter.

Requests must arrive at the Marketing Office, located in Building 252, at Camp Humphreys by Wednesday in order to assure delivery before Christmas.

"This program is only designed for children living here in Korea," Mooney said. "The Army and Air Force Exchange Service has a special 'Letters from Santa' program in place for children living in the United States or outside Korea. This is just another way for us to take care of the children here in Area III."

E-mail MooneyM@korea.army.mil





## Area III fire chief, safety officer promote holiday safety measures

*Advisory council discusses issues at quarterly meeting*

By Steve Davis

Area III Public Affairs Office

**CAMP HUMPHREYS** — Area III Fire Chief Tony Marra and Safety Officer Jim Bellware are promoting holiday safety.

At the recent Area III Safety and Occupational Health Advisory Council Meeting, both advised unit safety officers to be on the lookout for seasonal-safety problems.

"Decorations and lights may sometimes be a problem," said Bellware.

He mentioned that daisy-chained lights and extension cords can overload circuits and possibly cause a fire.

Bellware asked safety officers to remind Soldiers in their units that candles are not authorized in government buildings.

"In homes, people should make sure candles are not within the reach of small children," Bellware said, adding that cats and other animals may also be attracted to candle flames.

Small objects, especially those that may detach from a toy, and poisonous plants may also be harmful to children, Bellware said.

Marra offered tips to prevent Christmas-tree fires. Among them were:

- Select a fresh tree with a trunk that is sticky to the touch. Needles on fresh

trees should be green and hard.

- Do not place the tree near any heat source.

- Water the tree periodically.

- Do not overload circuits or leave holiday lights on unattended.

Marra said only nonflammable decorations should be used on trees and that artificial trees should be flame-retardant certified. The box cover should give certification information, he said.

Marra also advised everyone to check batteries in their smoke detectors and make sure access to their quarters are accessible for emergency vehicles.

Emergency Services phone numbers are 911 from any DSN phone and 0505-753-7911 from Korea Telecom or cell phones.

"We will make every effort to respond to fires in the local area," said Marra.

Sports injuries continue to be the cause of most injuries, Bellware said during the meeting. During the last quarter of fiscal year 2004, Area III had six on-duty and 65 off-duty sports injuries. There were 20 additional injuries reported during unit physical fitness training. Eleven on-duty and 23 off-duty miscellaneous injuries were also reported.

A representative from the Area III Provost Marshals Office said there were 28 traffic accidents in the fourth quarter, involving 11 military and 16 privately owned vehicles and one bicycle.

Bellware reminded that caution should be used in the winter driving season.

E-mail DavisSt@korea.army.mil

## Humphreys aglow

Area III Public Affairs

**CAMP HUMPHREYS** — Bright lights and happy faces were the order of the day as the Area III Christmas tree was lit by children Dec. 6 at Camp Humphreys.

Children from the Shin-Saeng Orphanage joined with community members to greet Santa, who went with them to the Community Activities Center for treats and to listen to those very secret Christmas wish lists whispered into his ear by eager children.



Nine-month-old Katie LaGrange gets acquainted with Santa.



PHOTOS BY STEVE DAVIS

Santa waves to the crowd as he arrives on a fire truck after the lighting of the Area III Christmas tree Dec. 6 at Camp Humphreys.



Small hands push buttons to light the Area III Christmas tree and begin the holiday season.

## Humphreys health clinic offers prenatal, pediatric care

By Steve Davis

Area III Public Affairs Office

**CAMP HUMPHREYS** — Prenatal and pediatric health care is available to Soldiers and authorized female civilians and family members at the Camp Humphreys Health Clinic.

Maj. Mickey Machado, assistant officer in charge of the Camp Humphreys Health Clinic and officer in charge of the prenatal program, said female Soldiers and family members may now be seen locally for non-complicated

prenatal appointments instead of traveling to the 121st General Hospital at Yongsan Garrison in Seoul.

Prior to the new prenatal program that began Nov. 5, pregnant Soldiers and family members had to go to either the Osan Air



Machado

Base or 121st General Hospital for continuing routine prenatal appointments after their pregnancy had been verified locally by a positive pregnancy test.

"We are now authorized to provide routine prenatal care to women with non-complicated pregnancies, according to the Veteran's Administration and Department of Defense non-complicated clinical practice guidelines," Machado said.

Machado said that after pregnancy is verified, the patient will attend a group pregnancy education appointment called "OB Appointment A" at either the Osan Air Base hospital or at 121st General Hospital in Seoul.

The second appointment will be with Machado for a physical and follow-up appointments as long as the pregnancy is without complications.

"Once a woman knows she is pregnant, usually from a test given by her health care provider, she needs to come to see me at the clinic so I can get the process started and get her into my schedule," said Machado. "If she indeed has a low-risk, non-complicated pregnancy, she will be

seen here for 36 weeks, then go for delivery at the 121 General Hospital."

### Pediatric care

Pediatric care is also available at the clinic for authorized family members.

Capt. John Fernald provides care for patients from one day to 18-years-old.

Fernald, at Camp Humphreys for four months after a three-year stint at Brook Army Medical Center at Fort Sam Houston, Texas, is from Fayetteville, N.C.

"We have a lot more kids this year," said Fernald. "It's a dramatic increase, about double."

Fernald said last year his predecessor saw pediatric patients during about one-half of his work day. The other half he devoted to treating Soldiers.

"Now, outside of sick call each morning, I see pediatric patients most of the day," said Fernald. "About every week, I get as many as two new two-week-old babies."

"We are able to handle most pediatric issues, including behavioral disorders," said Fernald.

Fernald hopes that families in the Camp

Humphreys area will bring their children to his clinic.

"A lot of parent's don't know that we see pediatric patients here," he said. "But the word is slowly getting out and more patients are starting to come."

The clinic even has a children's waiting room, compliments of the United Club, an Area III and Camp Humphreys service organization. The waiting room has child-sized furniture and a variety of paintings on the walls from children's stories.

"We are creating a clinic friendly to everyone, including children," said Fernald.

Patients may call 753-8388 to make routine appointments with both doctors.



Fernald

E-mail DavisSt@korea.army.mil



## NEWS & NOTES

### Newcomers Briefing

The next Newcomers Briefing will be 8 a.m. - noon Tuesday at the Camp Humphreys Community Activities Center. Soldiers, civilians and family members new to Area III are encouraged to attend. For more information call, 753-6901.

### Post Office Hours

The Camp Humphreys post office will be open an additional hour Monday-Friday from Monday to Dec. 17. Operating hours will be 10 a.m.-6 p.m. Monday, Tuesday, Wednesday and Friday, 1 p.m.-6 p.m. on Thursday, and 9 a.m. - 2 p.m. on Saturday. Customers mailing large amounts of items are encouraged to make appointments. Appointments can be scheduled between 9 a.m.-10 a.m. on Monday, Tuesday, Wednesday or Friday. For information or to schedule and appointment, call 753-6563.

### Holiday Food Drive

Help a needy Soldier or family this holiday season by donating canned food or toys. Collection boxes are located at the Camp Humphreys commissary and post exchange and at Freedom Chapel. For information, contact Army Community Service at 753-8104 or unit ministry team members.

### ACS Closure

Army Community Service will be closed from 11 a.m.-5 p.m. Dec. 17 for their Christmas party. Army Emergency Relief support will still be provided. For information, call 753-8401.

### Dallas Cowboy Cheerleaders

The Dallas Cowboy Cheerleaders will perform at 6:30 p.m. Dec. 19 at the Camp Humphreys Community Activities Center. For information, call 753-8825.

### Breakfast with Santa

Free digital photos of the kids with St. Nick will be available at "Breakfast with Santa" from 9-11 a.m. Dec. 18-19 at the Nitewatch at Camp Humphreys. Order off the kid's menu or enjoy the Nitewatch Breakfast buffet. For information, call 753-3101.

### Holiday Services at Freedom Chapel

Holiday services have been scheduled at Freedom Chapel at Camp Humphreys for the following dates.

- Christmas Eve Candlelight Service, Dec. 24 at 6:30 p.m.
  - Christmas Catholic Mass, Dec. 25 At 10 a.m.
  - New Year's "Nitewatch" Service, Dec. 31 at 11 p.m.
- For information, call Freedom Chapel at 753-7269.

### Karaoke Night

Sing your heart out every Wednesday and Saturday from 7-9:30 p.m. at Karaoke Night in the Camp Humphreys Community Activities Center ballroom. For information, call Chuck Chesmore at 753-8825.

### News & Notes Deadline

Individuals, units and organizations may submit announcements for publication in the Morning Calm Weekly. Deadline is a minimum of one week prior to the Friday publication day. Submissions should include who, what, when, where and include a point of contact name and phone number. E-mail requests to davisst@korea.army.mil or call 753-8847.



PHOTOS BY STEVE DAVIS

School of Standards students watch as dog handlers demonstrate aggression training at the military police kennel at Camp Humphreys.

## 94th Military Police Battalion teaches essential standards

By Steve Davis

Area III Public Affairs Office

**CAMP HUMPHREYS**—It was an ugly scene at the 94th Military Police Battalion School of Standards classroom as a military wife argued about her husband's bad gambling habits. They were both yelling and, even in this role playing session, things got out of hand quickly. The argument became a fight and neighbors called the military police.

Rookie MPs Pvt. Yvonne Mihm and Pfc. Charles Burlingame, both from the 55th Military Police Company in Yongsan, responded to the hypothetical domestic violence complaint and broke up the fight. Their every move was critiqued by Military Police Investigator Timothy Williams, one of the School of Standards instructors.

With a "Train in Peace to Prepare for War" sign over its door, the one-room school certifies, licenses and instructs military police new to the 94th Military Police Battalion.

"They get it all here," said Sgt. 1st Class Alfred C. Kirk Jr., noncommissioned officer in charge of the school. "Drivers and weapons training, law and order techniques, communications techniques and plenty of physical endurance tasks prepare these Soldiers for duty at their gaining unit."

The gaining unit could be anywhere in Areas I, II or III.

Pfc. Lee Yong-ji, a 55th Military Police Company Korean Augmentation to the U.S. Army Soldier assigned to Camp Page in Area I, said the School of Standards provided his first official law enforcement training. With his unit just four months, he was previously in his second year at Seoul National University before taking a break to fulfill his military obligation.

"The fitness training was the toughest," said Lee, who took part along with others in a timed six-mile ruck march.

Pvt. Teresa Deltoro, from the 557th Military Police Company at Camp Humphreys in Area III, said the school reinforced things she had learned at Advanced Individual Training at Fort Leonard Wood, Mo., after basic training.

"It's in-depth and more hands-on and prepares us how to do our jobs in Korea," she said.



School of Standards students leave the one-room school for lessons on the road, where most will ultimately be working.



Soldiers practice timed crew drills during a hands-on exercise at the School of Standards.



School of Standards students role play during a class on handling domestic violence cases.



Sgt. 1st Class Alfred Kirk helps Soldiers with paperwork on the first day of school.



Sgt. Eric Purnell, lead traffic investigator at the Provost Marshal Office at Camp Humphreys, teaches military police Soldiers how to effectively use a radar gun.



# Korean employees raise questions, get answers at town hall meeting

By Roger Edwards

Area III Public Affairs Office

**CAMP HUMPHREYS** — The first Korean employee town hall meeting at Camp Humphreys was hosted by Col. Michael J. Taliento, Jr., Area III Support Activity commander, on Nov. 26.

The meeting, held in the base multi-purpose facility, was open to all Korean employees and drew a crowd of about 500. They came to hear what the colonel had to say and to voice some of their concerns and suggestions.

Referring to the partnership between Americans and Koreans on the peninsula, Taliento said that each person, American and Korean, is an important part of the team that has been so successful for the last 50 years. “We are successful because of your work,” he said. “We could not do our mission without you.”

During the meeting, Taliento discussed how Area III planned expansion will impact local activities and workers. He talked about land acquisition issues, planned construction, traffic congestion, workers compensation, wage and leave time increases and the reductions in civilian labor forces caused by unit relocations and installation closures in Area I.

Changes are coming, said the colonel, as a result of American and Korean

improvements in military capabilities and proficiencies.

“There have been significant changes in Republic of Korea and U.S. forces in the last 50 years which have strengthened the Alliance,” he said, “Troops are better trained and weapon systems are more capable. This transformation allows us to effectively and efficiently defend the Republic of Korea.”

After promising to meet regularly with union representatives and announcing plans to repeat the town hall meeting for all civilian employees on a quarterly basis, Taliento opened the meeting to questions and comments from the audience.

Among the issues raised were:

■ Traffic concerns both on and off the installation.

■ Installation access points and procedures.

■ Quality of life issues.

Taliento reminded employees that the overall transformation of U.S. Forces Korea in general and Camp Humphreys in particular, will continue to impact staff and the installation. Construction to support unit moves will be a fact of life at Humphreys and he asked for patience on everyone’s part.

“We’ll get through it,” he said, “but we need everyone’s support.”

E-mail roger.a.edwards@korea.army.mil



PHOTO BY ROGER EDWARDS

*Gamers gather around the war gaming table during Sunday’s meeting. The gamers group is small but has grown from the few who first started meeting seven weeks ago to about 17 now. “We’re getting new people as soon as they hear about our weekly meetings,” said Darrell Newman, group organizer.*

## Gamers plan convention at Camp Humphreys

Area III Public Affairs Office

**CAMP HUMPHREYS** – A group of Soldiers and family members have been meeting at the Camp Humphreys Community Activities Center during the last several weeks to slay dragons, conquer space, defeat barbarians and enjoy the company of others who enjoy participating in games.

If you enjoy their peculiar game mania, they are extending an invitation to you to join them during their first Korea Convention of Gamers, or KOREACON, this Sunday from 11 a.m. until whenever.

“Everyone’s invited,” said Chief Warrant Officer 2 Darrell Newman, who has assembled the group and sparked their Sunday “Game Day” gatherings.

KOREACON is open to anyone who enjoys anything from first-person role-playing games to war games to board games

like Scrabble, Risk and Monopoly – any kind of game, and to anyone who can get to Camp Humphreys.

“Members of the Community Activities Center staff are really supporting us,” said Newman. “They’ve gone out of their way to provide us with anything we need and, for KOREACON, they’re letting us have the big meeting room.

“We’ve arranged for demos for the new games ‘Mech War’ and ‘Hero Clix,’ he said. “The games we’re featuring for the event are ‘War Hammer 40K,’ ‘War Hammer Fantasy,’ ‘Magic: The Gathering,’ and ‘Dungeon’s and Dragon’s: Gauntlet.’ There’s no admission, and the activities center snack bar is there for refreshments.”

For information on the event contact Darrell Newman at 011-9685-9082 or e-mail at darrell.newman@us.army.mil or Dean Selzler at 010-4717-0935, e-mail dselzer2@yahoo.com.

*Ad goes here*



## Dental clinic renovation to bring better patient care

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMP WALKER** – The latest quality of life project at Camp Walker should put smiles on the faces of Daegu Enclave Soldiers and family members, both figuratively and literally.

The Camp Walker Dental Clinic, is set to undergo a yearlong, \$2.3 million top-to-bottom renovation to better serve the growing community. The renovation is scheduled to begin Dec. 22.

The current facility occupied by the Camp Walker Dental Clinic was built in 1959 as an outpatient dental clinic. The one-story building measures 4,800 square feet. The renovation will expand the space up to 8,000 square feet and add two more chairs from 10 to 12.

“We are trying to improve the quality of dental care that we provide to the community,” said Lt. Col. Gen B. Paek, officer-in-charge, Camp Walker Dental Clinic. “The current size of the facility is inadequate for supporting the increasing population of the community. So we will be expanding the size of the building. Plus, we will have more up-to-date dental equipment in the new facility.”

According to Paek, the intent of the project is to repair failed or failing infrastructure conditions, as well as to bring the clinic up to current code compliance and improve staff efficiency and effectiveness.

One of the major changes the renovation will bring to the clinic is a larger dental laboratory unit, featuring a ceramic room.

“Right now, we are not able to provide in-house ceramic support to the community,” Paek said. “We have to send all the porcelain crown cases to the Army Dental Lab in Georgia. However, with this renovated clinic, we should be able to do it in-house. It will not only cut down the amount of time required, but also bring more satisfaction to our patients.”

“For the providers that work here, (the renovation) will increase the amount of space that we have to

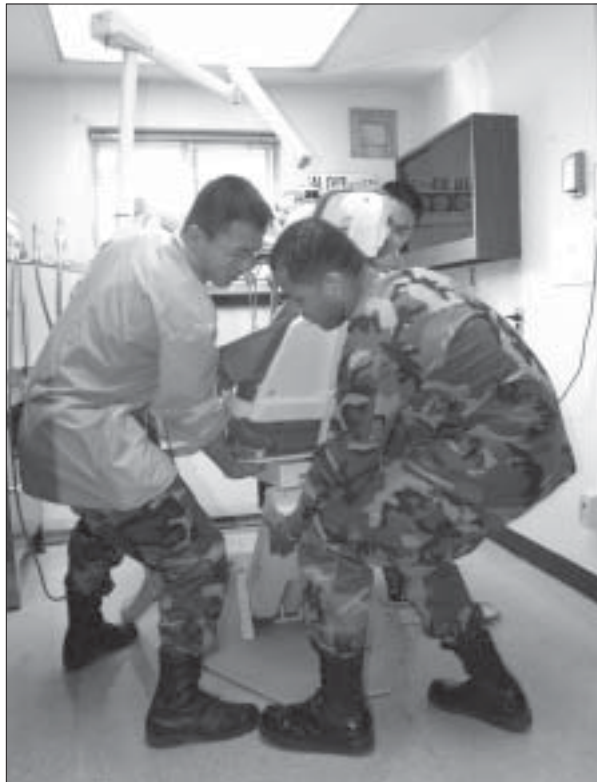


PHOTO BY CPL. OH DONG-KEUN

(From left) Sgt. Park Sung-min, Cpl. Conrad Rath and Pfc. Jang Eun-soo of 618th Dental Company, who work at the Camp Walker Dental Clinic, move a dental chair in preparation for the clinic's renovation and relocation.

work with,” said Staff Sgt. Doricina L. Hendricks, noncommissioned officer-in-charge at the clinic. “Some of the offices right now are really tiny, which makes it hard for us to maneuver around. We will also have better equipment that is user-friendly to work with. The new clinic will be a much nicer facility to work in.”

In- and out-processing service will be available at the current location through Jan. 3. During this period, emergency and limited routine care will be provided at the Camp Carroll Dental Clinic (765-8685/7925).

While the building under goes its face-lift, the Camp Walker Dental Clinic will be relocated inside Wood Medical Clinic on Camp Walker. The clinic will resume normal operations there Jan. 4. The phone number at the new location has not yet been determined.

“We will be occupying the Physical Therapy section of the medical clinic,” Paek said. “We’ll try to minimize any negative impact on our capability of providing dental care. We will still have an adequate amount of equipment available at the temporary facility to continuously provide the same scope and same magnitude of dental support to Soldiers, family members and other eligible members of the community.”

The primary drawback at the temporary facility is lack of space, according to Paek, since the temporary clinic will be even smaller than the current facility.

“(The renovation) will incur a few inconveniences for our patients,” said Hendricks. “The temporary location that we are moving into will be smaller. However, we will be able to provide the same type of care that we provided in (the current) dental clinic. I don’t expect the waiting time to be any longer than usual one to two weeks.”

Paek expects the renovated facility will bring many improvements in the dental support provided to the people of Area IV.

“The new facility will improve our efficiency in providing care to the patients, which will bring higher level of satisfaction from the patients,” Paek said. “Also, with the increased space, we will be able to have more dental staff members to serve more patients, resulting in less waiting time.”

The Camp Walker Dental Clinic operates under the direction of the 618th Dental Company, 18th Medical Command. The unit primarily serves the Daegu Enclave. For information, or to make appointments at the temporary facility, call 764-4307.

E-mail [ohdk@korea.army.mil](mailto:ohdk@korea.army.mil)

## Ringing in the Holidays



PHOTO BY GALEN PUTNAM

Members of the Camp Walker Protestant Children's Hand Bell Choir entertain a crowd at the Camp Walker Soldier Memorial Chapel Activity Center following the Area IV Christmas tree lighting ceremony Monday. Besides the ceremonial tree lighting conducted by Area IV Support Activity Commander Col. Donald J. Hendrix and children from the community, the evening also featured a visit from Santa and entertainment by the Camp Walker KATUSA Soldier Choir and the Camp Henry Collective Gospel Service Choir.



## NEWS &amp; NOTES

**Camp Carroll Bus Service**

"Home to Work/Work to Home" bus service between Camp Carroll and select locations in and around camps Henry, Walker and George is now available for a monthly fee of \$65. The service is available to all ID card holders. For information, call Choe Yang-chun at 765-7716.

**Winter Formal**

The 19th Theater Support Command will host a Winter Formal 6:30 p.m. Saturday at the Evergreen Community Club. The event is open to all Soldiers and civilian employees in Area IV. The cost is \$25 per person, which includes meal and entertainment. The uniform for military personnel will be Mess Dress Blues, Class A's with white shirt and bow tie or tuxedo with bow tie for men and long or short formal evening dress for women. For information or to purchase a ticket, call Sgt. Maj. Shirley Kerlygan at 768-7423 or Sgt. Maj. Oliver Chisholm at 768-8333.

**Fund Raising Opportunity**

The Taegu Spouses Association is offering an opportunity for approved organizations to raise money by wrapping gifts at the Camp Walker Post Exchange in December. The money raised will be returned to the organizations. Family Readiness Groups will have priority. Applications are available at the Apple Tree. For more information, call Jaime Dixon at 768-7810.

**Scholarship Available**

Applications for the Scholarship for Military Children Program are available at Area IV commissaries. Completed applications are due at the commissaries by Feb. 16. For information, call Alan Esperas at 764-5310 or visit [www.militaryscholar.org](http://www.militaryscholar.org).

**DoD Schools Survey**

The Department of Defense Education Agency is conducting a customer satisfaction survey through Feb. 28. The survey is open to all fourth to 12th grade Department of Defense Education Agency students, the parents or sponsors of all students, and the teachers. The survey is available online and at any Department of Defense Education Agency and is completely anonymous. For information, visit [www.dodea.edu](http://www.dodea.edu).

**Travel During Curfew**

Travel between installations and to or from residence and or workplace during curfew hours is authorized for all U.S. servicemembers and civilian workforce according to Paragraph 3 d. (4) of USFK Fragmentary Order #05-01 (Updated Force Protection Enhancements).

**Office Closure**

The U.S. Army Contracting Command Korea – Taegu Branch has moved to a temporary location while undergoing renovations. The temporary office is a container building (with no assigned building number) behind the Camp Henry Lodge, Building S-1712. For information, call Maj. Melody Charles at 768-7430.

**Computer Access Cards**

The Area IV Information Management Office is resetting computer access card personal identification numbers for the people who have forgotten their PINs. The office is located in Building 1222 on Camp Henry and is open 8 – 11:30 a.m. and 1 – 4:30 p.m. daily. For information, call Timothy Unger at 768-6206.

# Leaders learn to be environmentally savvy

By Cpl. Oh Dong-keun

Area IV Public Affairs Office

**CAMPWALKER** – Organizations of all kinds are increasingly concerned about caring for the environment and demonstrating sound environmental stewardship. The U.S. Department of Defense is no exception, leading the way by encouraging each of its components, including the Departments of Army, Air Force and Navy to implement an environmental management system that best suits its mission needs.

In June 2004, the Defense Logistics Agency recognized a need for such a system and adopted the Environmental Management System Standard, International Organization for Standardization 14001. Since then, the agency has been training its employees and other agencies world-wide on the new directive.

According to the International Organization for Standardization, ISO 14001 is a worldwide standard that provides guidance to organizations throughout the world to achieve environmental and economic gains through the implementation of effective environmental management systems.

As a part of the effort, the Defense Logistics Agency Environmental Management System training team from its headquarters in Fort Belvoir, Va. visited Camp Walker for a two-day training session Dec. 1 – 2.

"Our idea to help train people was rather than having people travel great distances back to the (United States), we would go out to them. So this is the seventh training session that we have offered around the world," said Steve Surface, chief, Environmental Management Division of the Defense Logistics Agency's Defense National Stockpile Center. "Since June, we have had training sessions in Virginia, Pennsylvania, Washington, D.C., Hawaii, Germany and now here in Daegu."

Surface, who has visited Korea several times, said he was pleasantly surprised by improvements Korea has made in taking care of the environment.

"There are a lot of things going on (in Korea), and I think it's very dramatic," Surface said. "Recycling is very popular among the people along with using materials that are more compatible with proper disposal, and also using products made with recycled materials. You can see that people are thinking environmentally here."

The training was held in Daegu, because most of the Defense Logistics



PHOTO BY CPL. OH DONG-KEUN

Robert Provot, chief, Defense Reutilization and Marketing Service, Battle Creek, Mich., chats with Eric McSwane, chief, Defense Reutilization and Marketing Service, Okinawa, Japan, during a "networking" break.

Agency's organizations on the peninsula are stationed here.

According to Surface, the training introduces ISO 14001, which is the base of the Defense Logistics Agency Environmental Management System, and provides practical information on how to implement the standard.

(The) Environmental Management System is a wonderful tool that aligns organizations' mission objectives with Defense Logistics Agency's support of environmental stewardship," said Mary Davidson, environmental protection specialist at Binghamton Depot, Binghamton, N.Y., who is a member of the Defense Logistics Agency training team. "That is why it is so

important to do this kind of training. The training allows the organizations to do it all; they can accomplish their mission objectives while addressing their environmental impact. That's the way the Soldiers of today and tomorrow have to work."

Participants, primarily made up of Defense Logistics Agency organization leaders from throughout Korea, agreed.

"Our attendance at this training is a part of the Defense Energy Support Center's effort to ensure leaders and managers understand how to incorporate Environmental Management System as a tool in their daily mission," said Lt. Col. Brett Weigle, commander, Defense Energy Support Center-Korea at Camp Walker. "EMS will enhance our ability to provide fuel to U.S. Forces Korea while complying with the Status of Forces Agreement."

"The DLA Environmental Management System and ISO 14001 will bring a lot of benefits to my organization and its missions," said Lt. Col. Donald Lannom, commander, Defense Logistics

Agency-Pacific, Korea, from Camp Walker who also helped coordinate the training. "It is my hope to offer as many DoD personnel in Korea, not just Area IV, the opportunity get this familiarization training for their organizations."

Participants said that they will take what they have learned and apply it to their organizations.

"The information I received from this training was very detailed and definitive, and it helped me understand the EMS better," said Bruno Lopez, chief, Defense Reutilization and Marketing Office at Camp Hialeah in Busan. "I am going to include what I learned here into our training schedule and bring it up as a requirement we have to meet as an organization."

"It was a chance for me to think about many things that can impact the environment while I do my job in the field of preventive medicine," said Staff Sgt. Cobaris Victoria, 154th Medical Detachment (Preventive Medicine) from Camp Walker. "I found (the training) to be very interesting, because it helped me to know what kind of things to look for to be environment-friendly at different locations and situations."

Meanwhile, the Area IV Support Activity also has plans to introduce and implement the Environmental Management System along with ISO 14001 throughout its communities.

"We already have developed EMS implementation plans and timelines for Area IV," said Robert Chartier, acting division chief, Area IV Environmental Office, Area IV Directorate of Public Works. "We will begin conducting awareness training for Soldiers and civilians in January and make sure everyone has received the training by end of March. Our goal is to have the system implemented and running in all organizations in Area IV by December of 2005."



# HOLIDAY NOTES

## Camp Walker Holiday Events:

- ❑ The Camp Walker Community Activity Center is accepting homemade-cookie donations through Dec. 20. For information, call Chong Sam-yong at 764-4123.
- ❑ The Area IV Exceptional Family Member Program is sponsoring a shopping trip to Osan Saturday. The trip will depart 8 a.m. from the Camp Walker library. The trip is for sponsors and families enrolled in the Exceptional Family Member Program. Reservations required. For information, call Marietta Dixon at 768-8329.
- ❑ The Evergreen Golf Club pro shop is having a Christmas sale Monday – Dec. 19. For information, call Ray Cragun at 764-4601.
- ❑ The Camp Walker Community Activity Center is accepting Christmas Santa delivery orders Tuesday – Dec. 22. Orders will be accepted for only camps Walker, Henry and George. The presents will be delivered 9 a.m. – 4 p.m. Dec. 23. For information, call Chong Sam-yong at 764-4123.
- ❑ The Hilltop Club on Camp Walker is offering Christmas Eve special menu 5 – 7 p.m. Dec. 24. There is no cover charge. For information, call 764-4985.
- ❑ King and Queen of the Hill bowling tournament will be Dec. 25 at the Camp Walker Bowling Center. For information, call 764-4334.
- ❑ The Evergreen Community Club on Camp Walker is offering Christmas buffet 10 a.m. – 2 p.m. Dec. 25. For information, call 764-4060.
- ❑ The Camp Walker Community Activity Center is hosting a Christmas Open House Dec. 25 with a 1 p.m. table tennis tournament; a 2 p.m. chess tournament, and a 5 p.m. pool tournament. For more information, call Chong Sam-yong at 764-4123.
- ❑ The Taegu Area Running Club is hosting a community 5-kilometer run 9 a.m. Jan. 1 at Kelly Fitness Center on Camp Walker. Registration begins at 8:30 a.m. For information, call Patrick Noble at 768-8238.

## Camp Henry Holiday Events:

- ❑ The Camp Henry Army Community Service is hosting a shopping trip to Osan 8 a.m. Dec. 11. It is free of charge. For information, call 768-7112.
- ❑ The Area IV Exceptional Family Member Program is hosting a children's Christmas party 6 p.m. Dec. 23 at the Camp Henry Army Community Service. For information, call 768-7112.

## Camp Carroll Holiday Events:

- ❑ The Camp Carroll Community Activity Center is hosting the children's holiday party 1 p.m. Dec. 11. For information, call 765-7484.
- ❑ The Camp Carroll Apple Blossom Cottage is hosting the holiday potluck luncheon noon – 2 p.m. Dec. 21. For information, call 765-7049.
- ❑ Camp Carroll Child and Youth Services is having a family celebration feast 4 p.m. Dec. 23. For more information, call 765-8738.
- ❑ A 3-on-3 basketball tournament will be 11 a.m. Dec. 23 at the Camp Carroll Fitness Center. For information, call 765-8287.
- ❑ The Camp Carroll Hideaway Club is hosting a Holiday Bash 8 p.m. Dec. 24. For more information, call 765-8574.
- ❑ Colorama bowling night will be 6 p.m. – 8 p.m. Dec. 25 at the Camp Carroll Bowling Center. For information, call 765-8409.

## Camp Hialeah Holiday Events:

- ❑ The Busan Pub on Camp Hialeah is offering holiday dinners to go through Dec. 30. For information, call 763-3685.
- ❑ Photos with Santa will be 1 p.m. Saturday at the Camp Hialeah Community Activity Center. For more information, call 763-7392.
- ❑ The Camp Hialeah Child and Youth Services Holiday Dance show will be 3 p.m. Saturday at the Camp Hialeah Fitness Center. For more information, call 763-3536.

- ❑ The Hialeah Women's Club is sponsoring a children's Christmas party 1:30 – 3:30 p.m. Dec. 18 at the Haven Community Center. It is open for all children in the community. For more information, call Master Sgt. Tracy Pope-Dixon at 763-3773.
- ❑ Christmas bingo will be 3 p.m. Dec. 19 at the Camp Hialeah Community Activity Center. For information, call 763-7392.
- ❑ The Camp Hialeah Bowling Center is hosting a Christmas Party 6 p.m. Dec. 23. For information, call 763-3789.
- ❑ Santa will be visiting on-duty Soldiers 8 a.m. Dec. 25 on Camp Hialeah. For information, call 763-7392.
- ❑ Holiday volleyball and basketball tournaments will be Dec. 27 – 30, and a racquetball tournament will be Dec. 28 – 30 at the Camp Hialeah Fitness Center. For information, call 763-7703.

## Camp George Holiday Events:

- ❑ The Camp George Child Development Center has planned several events for the Holiday season. Santa will be visiting the Camp George Child Development Center 9:30 a.m. Dec. 21. The Children Around the World celebration will be 9:30 a.m. Dec. 23. The parents potluck luncheon will follow. For information, call 768-7707.

## Holiday Religious Services:

- ❑ The Camp Hialeah Protestant service and Christmas caroling will be 6 p.m. Dec. 24 at the Post Chapel.
- ❑ The Camp Carroll Christmas Eve Protestant candlelight service will be 7 p.m. Dec. 24 at the Post Chapel followed by Lord's Supper.
- ❑ The Camp Walker Catholic Children's Mass will be 5 p.m. Dec. 24 at the Post Chapel followed by Catholic Christmas party 6 p.m. Protestant Candlelight Service will be 7 p.m. and Catholic Midnight Mass will start 10 p.m.

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## Army science conference attracts field professionals, music video crew

By Sgt. Lorie Jewell

Army News Service

**ORLANDO, Fla.** – Since 1957, the science that makes warfighting possible has brought together top minds in the field for a biennial collective look at new developments and unfolding technologies.

About 1,500 government, academic and industry leaders are gathered this week for the 24th Army Science Conference, which for the first time includes participation from allies and coalition partners. Industry and academic partners joined at the last conference, two years ago.

Thirty-one countries are represented this year, said John Parmentola, director for research and laboratory management in the Office of the Assistant Secretary of the Army (Acquisition, Logistics and Technology).

Fifty-four technologies – from liquid body armor and a nasal-spray painkiller to an artificial exomuscle that may someday be capable of binding wounds or giving cardio-pulmonary resuscitation – are also highlighted in the conference exhibit hall.

The focus this year is on the needs of the current force, as well as speeding up future force technologies, according to conference officials. Technologies like miniaturization and virtual reality will become common in the near future, said Ray Kurzweil, founder and chief executive officer of Kurzweil Technologies, Inc.

Kurzweil, who was inducted into the National Inventors Hall of Fame in 2002, was the principal developer of first-ever technologies: the omni-font optical character recognition, print-to-speech reading machine for the blind, CCD flat-bed scanner, text-to-speech synthesizer, music synthesizer capable of recreating the grand piano and other

orchestral instruments and commercial large-vocabulary speech recognition.

Human knowledge of information technology, computer technology and health science is doubling annually, he said. In nearly every area, “we are experiencing exponential growth in knowledge.”

Sgt. Major of the Army Kenneth Preston thanked the scientists, engineers and others whose work has led to technologies currently being used in conflict areas like Iraq and Afghanistan.

Remote-controlled robots, for example, are aiding in investigating suspicious items that may contain improvised explosive devices. Soldiers can check the items from a safe distance, greatly reducing the threat of death or injury, Preston said.

A large balloon that looms over Victory Base in Baghdad is a floating platform that houses a J Lens system that allows Soldiers to view large sections of the city surrounding them, he added. Improved body armor like small arms protective inserts, also known as SAPI plates, are also making a big difference, Preston said.

“I’ve seen first hand the technology that many of you helped design that’s keeping our Soldiers alive,” Preston said. “Their success is, in many ways, your success.”

Vice Chief of Staff Gen. Richard Cody gave an update on Army transformation from the Pentagon through video teleconferencing. The Honorable Michael Wynne, Acting Undersecretary for Defense (Acquisition, Technology and Logistics), also used the technology to address the audience.

When asked to name three top problems the Army would like scientists and engineers to prioritize, Cody asked for more work on intelligence-gathering technology that gives battlefield commanders more

concise and quickly-understood information; technology that allows vehicles and equipment to consume less fuel and generate more water; and more tactical mobility and agility in the Future Combat Systems.

A New York City-based production crew from the music television video Channel MTV2 is also at the conference, with a handful of other media, to document the conference for a new show called High Tech theater that will debut in February.

The show will highlight the latest in technology, targeting male viewers aged 12 to 24, said producer Jodi Lahaye.

The crew is focusing on military technology that will also make its way into the civilian market, said creative director Shawn Mattaro. Bendable television screens – officially known as flexible display technology – medical robots and holographics have caught the crew’s attention. Clips of their footage will air over a three-month span, Mattaro said.

“What better place to come?” Lahaye said. “The Army has the coolest stuff, clearly.”

Army-funded research has led to many technologies that are common today, according to conference information materials. For example:

■ Lasers in weapon systems stemmed from the work of Charles Townes of Columbia University; Nicolaas Bloembergen of Harvard University and Arthur Schawlow of Stanford & Bell Labs. Townes was awarded the 1964 Nobel Prize in Physics; Bloembergen and Schawlow shared that same honor in 1981.

■ Discoveries by Gerald Zacharias and Hans Dehmelt, another Nobel Prize winner for physics, led to the development of atomic clocks that make possible the global positioning system, or GPS.

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## 숙면을 위한 좋은 습관

일병 서기철

우리는 인생의 1/3 이상을 잠을 자는데 쓴다. 낮 또는 밤의 원활한 활동을 위한 숙면은 그 어떤 보약보다도 더 높은 가치를 지닌다. 하지만 우리는 업무나 공부 등 여러가지 이유로 불규칙적인 수면시간을 갖거나 수면시간을 줄여 일을 끝마치는 등의 강행군을 하고한다. 하지만 그것은 우리의 건강에 있어서만큼은 적신호가 되는 위험한 행동이다. 수면은 우리의 활동시간동안 긴장된 뇌와 근육을 이완시켜주는 역할을 하기 때문이다. 따라서, 이번호에서는 숙면의 중요성과 숙면을 위해서 어떤 습관을 길러야 할지에 대해서 알아보도록 하자.

### 잠은 질적으로 잔다

건강한 취침 시간은 평균 6~8시간이다. 하지만 숙면을 취할 수만 있다면 몇 시간 잤느냐는 그리 중요하지 않다. 몸의 피로를 회복시켜주는 성장호르몬은 수면 중에 분비되는데 특히 잠이 드든 직후부터 3시간 사이에 왕성하게 분비됐다가 서서히 감소한다고 한다. 따라서 잠이 들자마자 되도록 깊은 잠을 자는 것이 중요하다. 피부 세포 역시 이 시간에 가장 활발하게 재생하기 때문이다.

곧바로 깊은 잠에 들기 위해서는 취침 전에 긴장을 얼마나 잘 풀었느냐가 관건이다. 신경을 부드럽게 부교감 신경으로 변환시켜야 뒤척이지 않고 숙면상태에 이른다. 취침 전 긴장을 푸는 방법으로는 스트레칭·마사지·목욕 등이 있는데 자신의 생활 습관과 취향에 따라 적절한 방법을 선택하는 것이 좋다. 또한, 침구 온도와 습도를 쾌적하게 유지하는 것도 기분 좋은 수면을 취하기 위한 한 방법이 될 수 있다.

### 머리는 뜨겁게, 발은 차갑게

수면은 낮 동안 활발하게 활동했던 뇌를 쿨다운시키는 생리적 과정이다. 열심히 활동해 뜨거워진 뇌를 쉬게 하려면 뇌의 온도를 낮춰야 한다. 잠이 올 때 손발이 뜨거워지는 것을 종종 느낄 수 있는데 이는 몸이 뇌의 혈액을 손끝, 발끝으로 흘려보내 뇌의 온도를 조절하기 때문이다. 손발이 차갑다는 것은 곧 뇌의 온도가 뜨겁다는 뜻이므로 이런 때에는 쉽게 잠들지 못한다. 잠자기 전 샤워를 하는 것이 좋은 이유도 손끝, 발끝까지의 혈액순환을 원활하게 해 뇌를 차갑게 하기 위함이다. 샤워는 취침 2시간 전에 하는 것이 가장 바람직하다.

### 가능하면 나체로 자라

예부터 미인은 잠자리 기호가 매우 까다롭다고 전해진다. 클레오파트라는 침실에 장미 꽃잎을 깔 후 무스크 향을 뿌리고 잠을 잤다고 한다. 중국의 서태후는 베개에 항상 한방약제를 넣어두었다고 한다. 마릴린 먼로 역시 실오라기 하나 걸치지 않은 채 샬 No 5만을 뿌리고 잔 것으로 유명하다. 수면 중에는 체온이 떨어진다. 양질의 수면을 위해서는 깨어 있을 때와 잠들었을 때의 체온 차가 중요하다. 즉, 둘 사이의 간극이 확실할수록 깊은 수면을 취할 수 있다. 숙면

을 위해서 가장 좋은 방법은 신체를 따뜻하게 한 후 나체로 자는 것이다. 처음에는 익숙하지 않겠지만 한두 번 나체로 잠을 자보면 몸은 금세 익숙해진다. 몸이 완전히 이완되면 혈액순환도 원활해지고 체온도 천천히 떨어진다. 몸이 급속히 차가워지지 않도록 방 온도를 너무 춥지 않게 하며 침구는 항상 청결하게 한다.

### 행복한 잠은 연애운도 키운다

수면 중에 인간의 뇌는 기억을 정리하는 작업을 수행한다. 이때 마음이 무거우면 나쁜 기억이 정착되므로 부정적인 생각을 많이 하게 된다. 아무리 힘든 일이 있더라도 즐거운 일을 생각해내 행복에 잠겨 잠들도록 노력한다. 수면 중에 긍정적인 사고 회로가 발달하면 연애 소질 계발에도 큰 도움이 된다.

### 숙면을 위한 일곱가지방법

1. 아무리 늦게 잠이 들었더라도 오전 중에는 태양과 마주한다.  
아침은 스트레스와 불규칙한 생활로 망가진 생체 리듬을 정돈하기 좋은 때다. 일어나면 가장 먼저 커튼을 열고 온몸으로 태양의 기운을 맞이한다.

### 2. 한꺼번에 몰아 자지 않는다

휴일 늦잠은 생체 리듬을 엉망으로 만든다. 그보다 아침에는 일단 일어났다가 낮잠으로 부족한 잠을 보충하는 편이 피로 회복에 효과적이다.

### 3. 균형 잡힌 식사를 한다

몸에 칼슘이 부족하면 안절부절못하게 될 뿐 아니라 스트레스 원인이 된다. 되도록 정해진 시간에 균형 잡힌 식사를 하는 것이 숙면의 기본 요건이다.

4. 기분 좋을 정도의 노동이나 적당한 운동을 한다.

낮에 생활 속에서 긴장감을 유지해 적당한 피로감이 느껴지도록 하는 것이 중요하다. 피로를 느끼는 육체는 밤에 체온이 쉽게 낮아져 깊은 잠을 잘 수 있게 한다.

5. 취침 전 뜨거운 물로 하는 샤워는 오히려 눈을 초롱초롱하게 한다

뜨거운 물로 하는 샤워는 교감 신경을 자극해 기분을 업시킨다. 잠자리에 들기 전이라면 뜨거운 물이 아닌 38~40℃의 미지근한 물로 샤워하는 것이 좋다.

6. 취침 전 많은 양의 차와 알코올은 피한다.

차에 함유된 카페인과 다량의 술은 수면 리듬을 깨뜨리므로 지나친 음주는 삼간다. 카페인이 없는 차 한두 잔은 숙면을 유도하는 데 도움이 된다.

7. 잠이 들지 않을 때 무리하게 자려 하지 않는다.

‘잠이 오지 않는다’는 생각만으로도 스트레스를 받아 쉽게 잠이 오지 않는 경우가 있다. 느긋하게 생각하고 긴장을 풀자.

낮에 생활 속에서 긴장감을 유지해 적당한 피로감이 느껴지도록 하는 것이 중요하다. 피로를 느끼는 육체는 밤에 체온이 쉽게 낮아져 깊은 잠을 잘 수 있게 한다.

This article is about  
“The way to sleep well.”.

## Learn Korean Easily



Language Instructor  
Minsook Kwon



“Nahl-see-gah mae-woo  
choop-suem-nee-dah.”  
“It is very cold.”

Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
gu	nu	du	ru, lu	mu	bu	shu, su	ng	ju	chu	kuh	tuh
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
ggu		ddu			bbu			ssu			jju
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	uh	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ		ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ		
ae			yeh	weh	wah	wuh	wee		ui		

### Word of the week

손

ㅅ ; s , ㅓ ; oh , ㄴ ; n /

‘sohn’

hands

### The phrase of the week

“My hands are cold.”

손 시려워요.

Sohn shee-ryuh-wuh-yo.

(my) hands

are cold

### Conversation of the week

날씨가 추워졌어요.

It is getting colder.

Nahl-see-gah

choo-wuh-juh-suh-yo.

따뜻한 차 드시겠어요?

Would you like to have some hot tea?

Ddah-ddue-tahn chah

due-shee-gae-suh-yo?

어떤 차 있으세요?

What kind of tea do you have?

Uh-dduhn chah

ee-sue-sae-yo?

(생강차)요.

(Ginger tea).

(Saeng-gahng-chah)-yo.

한잔 주십시오.

A cup of it, please.

Hahn-jahn

joo-sheep-shee-oh.

여기 있습니다.

Here you are.

Yuh-gee

ee-suem-nee-dah.

(유자차) (you-jah-chah) (Korean lemon tea)

(모과차) (moh-gwah-chah) (tea of the fruit of a Chinese quince)

Share this column with a Korean co-worker.